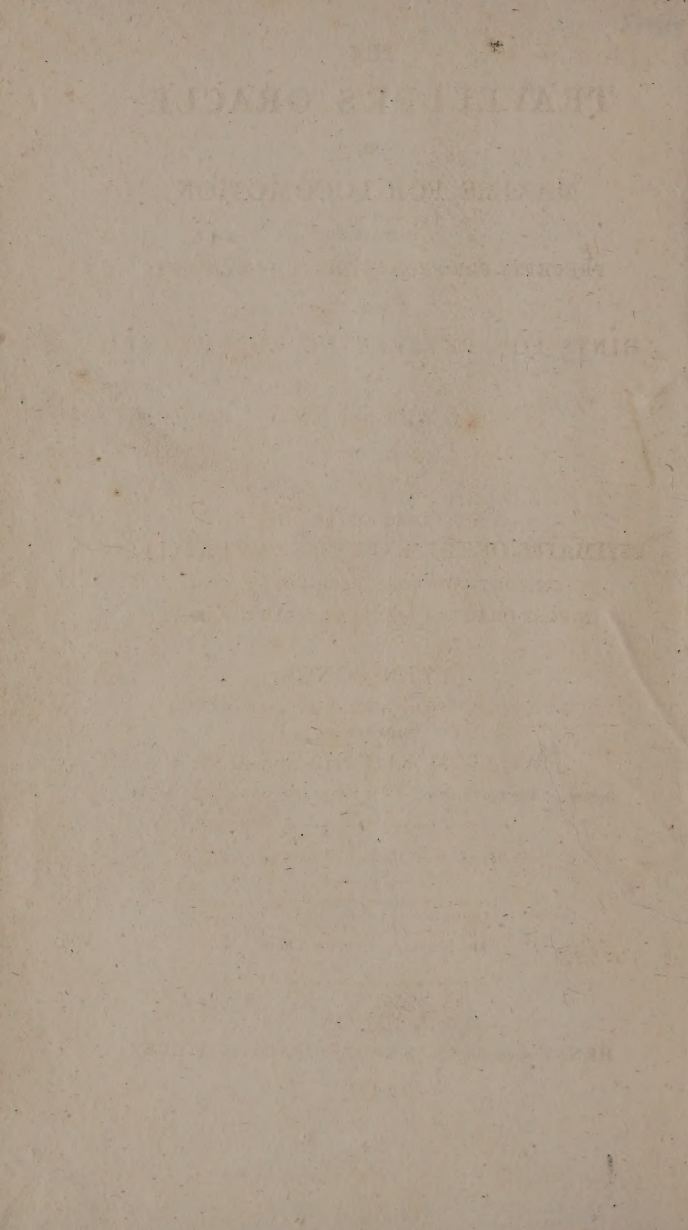


31289/A

vol. 1



39846
Elizabeth THE *Walmesley*
TRAVELLER'S ORACLE;
OR,

MAXIMS FOR LOCOMOTION:

CONTAINING

PRECEPTS FOR PROMOTING THE PLEASURES

AND

HINTS FOR PRESERVING THE HEALTH

OF

TRAVELLERS.

PART I.

COMPRISING

ESTIMATES OF THE EXPENSES OF TRAVELLING

ON FOOT—ON HORSEBACK—IN STAGES—

IN POST CHAISES—AND IN PRIVATE CARRIAGE :

WITH

SEVEN SONGS,

FOR ONE, TWO, AND THREE VOICES,

COMPOSED BY

WILLIAM KITCHINER, M.D.

Author of The Cook's Oracle—The Art of Invigorating Life, &c. &c.

"Mirth and Motion Prolong Life."

' As we Travellers trudge along,
Let us troll the merry Song;
The tedious Journey 't will beguile,
And help us on for many a Mile."

LONDON:

HENRY COLBURN, NEW BURLINGTON STREET.

1827.



LONDON:

PRINTED BY J. MOYES, TOOK'S COURT, CHANCERY LANE.

ADVERTISEMENT.

SOME months having elapsed since the following Work was first announced, it may be necessary to state, that it was finally revised, in its progress through the press, even to the last sheet, by Dr. KITCHINER himself; and that circumstances, in which the Public will take no interest, have alone delayed the publication, from the time of the lamented Author's death till the present day.

August 23, 1827.

DIRECTIONS FOR PLACING THE MUSIC
TO PART I.

1. A FATHER'S ADVICE TO HIS SON.....	20
2. AN UNIVERSAL PRAYER.....	166
3. THE ENGLISH GRACE (printed with the Letter- press)	169
4. FILL THE GOBLET AGAIN	186
6. GATHER YOUR ROSE-BUDS.....	187
6. ALL HAIL, BRITANNIA	216
7. THE UNIVERSAL TOAST	254

CONTENTS OF PART I.

	PAGE
INTRODUCTION	5
General Observations on Travelling	9
FATHER'S ADVICE TO HIS SON, the Music of, engraved	20
How to Eat and Drink	35
Of a Traveller's Appearance	45
Of Travelling Companions and Servants ...	50
Hints for promoting the Pleasures and pre- serving the Health of Travellers	52
Requisites for Travellers	33
Of Watches for Travellers	56
Feet Preservers	79

	PAGE
How to get a well-fitting Shoe	81
Aperient Medicine	84
Cholera Morbus	8
Peristaltic Persuaders	88
Travelling Medicine Chests	91
To send Packages into the Country	97
If you Sleep on the Road	100
For Personal Defence.....	104
Beds	107
Inns	110
Hints to Travellers on Horseback or in Car- riages	122
Expenses in Travelling with a pair of Horses, &c.	135
Account of a Journey, by R. M.	143
Expenses of Travelling Post	146
Travelling in Stages	154
Travelling in Foreign Countries	160

CONTENTS.

vii

PAGE

THE UNIVERSAL PRAYER, the Music of, engraved.....	166
THE ENGLISH GRACE, the Music of.....	169
Directions for making <i>Warm-Heart</i>	177
Conversation on English Music and Musicians	181
The Hobgoblin Dramas from Germany	185
FILL THE GOBLET AGAIN, the Music of, engraved	186
GATHER YOUR ROSE-BUDS, the Music of, engraved	187
Of Contraband Luggage.....	200
Letters of Credit	202
Hints to Alpine Tourists.....	205
<i>R. Twiss, Esq.</i> , Anecdotes of.....	211
ALL HAIL, BRITANNIA! the Music of, en- graved	216
National Songs of England.....	217
Of God Save the Kinge	217

The Sea Songs of England.....	220
————— of Dibdin	ib.
The Sailor's Medley	222
Observations for Pedestrians	227
THE UNIVERSAL TOAST, the Music of, engraved.....	254

THE
TRAVELLER'S ORACLE;
OR,
MAXIMS FOR LOCOMOTION.

PART I.

THE
TRAVELLER'S ORACLE.

“ Travelling in Youth, is a part of Education.”

Bacon's Essays.

TRAVELLING is attended with *Pleasure* and *Profit*; but these advantages cannot always be obtained without occasional *Privations*: The Author hopes to give the Reader some Instructions which will teach him how to increase the former and diminish the latter.

Persons who have not been in the habit of leaving Home, are apt to fancy, that Travelling is at best a perilous adventure, and attended by inevitable dangers:—Ignorance and Idleness make every thing terrible;

we Will not, because we dare not,—we Dare not because we will not.

It is possible to be Drowned, to break one's Neck, to be Murdered, or to fall Sick abroad ; but may not all these possibilities happen to us at Home ?

A Soothsayer told *Æschylus* the Grecian Dramatist, that he would be killed by the fall of a House : the frightened Poet retired from the City into the Fields ; but no sooner there, than an Eagle, who was carrying off a Tortoise for its Dinner, in passing over our Poet's bald-pate, was attracted by its appearance as the Sun shone thereon, and the learned have imagined, that the Bird mistook it for a *fine large new-laid Egg*, and taking a fancy thereto, thinking, perhaps, that it would make a nice Luncheon, and it would be convenient to lubricate the Red Lane, previous to Banqueting upon the Tortoise, in order to crack it, *Mr. Eagle* dropped

his load upon *Mr. Æschy's* Noddle, upon which, as a Dramatist might say, "*Exit Æschy.*"

"He that will not sail till all dangers are over, must never put to sea."

A Sailor saying that his Grandfather, his Father, and his Uncle, all died at Sea, a Bystander observed, "Then if I were you, I would certainly never go to Sea." "Why?" said the Seaman; "where did all your Relations die?" "Why, in their beds." "Then," said *Sam Spritsail*, "for the same Reason, if I was You, I would certainly never go to Bed."

However, as the *Sudden Death* of a Traveller, if intestate, would occasion irremediable distress and disputes in his Family; —if he consult only his own Tranquillity, (and the preservation of *Peace of Mind*, is more preventive of the Disorders and even the decays of our Body, than the most

careful precautions against unfavourable Seasons, or unwholesome Diet!) he will certainly make his *Will* before he leaves Home.

From innumerable causes which are beyond human control, there is, in fact, no condition that is not subject to *premature and sudden Death*, even in the very vigour of Life, and under the vigilant exercise of every prudential measure.

“Heav’n from all Creatures hides the Book of Fate,
All but the page prescribed, their present state.”

“As the Lord liveth, and as thy Soul liveth, there is but one step between Thee and *DEATH!*”—nay, not so much; for the strength whereby the Step must be taken, may fail before it is finished; a little change of Weather—a small Cold—a disappointment in Diet, will derange your Health; and a Fall,—a Bruise,—a Tile from a House,—the

throwing of a Stone,—the trip of a Foot,—the Scratch of a Nail,—the Wrenching off a bit of Skin, the over-cutting of a Corn, may destroy your Life : — such trifling Accidents have often done as sure Execution, as War, Pestilence, and Famine.

Sickness and Death are always within a Moment's March of us, ready at—GOD'S—command to strike the blow. “ *Boast not thyself of to-Morrow, for thou knowest not what a day may bring forth ;*” therefore, so arrange all your Affairs, that when Sickness and Sorrow come, you may have nothing to do in this World, but to—compose your Soul for that which is to come.

WILLS AND CODICILS, whether of Freehold, Copyhold, Leasehold, or Personal Property, should be attested by Three Witnesses, or they are of no use. These must be entirely disinterested and respectable persons, who are well acquainted with Busi-

ness, and who receive no benefit from the Will.

A Copy should be given to the person most interested, or to the Executors, the Solicitor, or Proctor; and it is extremely advisable to execute Two Copies.

See "*The Pleasure of Making a Will*," in THE ART OF INVIGORATING LIFE, by the Author of this Work.

GENERAL OBSERVATIONS

ON

TRAVELLING.

IN Travelling, the change of Scene diverts and exhilarates the Mind, and the continual Motion contributes in an incredible degree to invigorate the Body.—Vital consumption may indeed be somewhat increased, but is more than counterbalanced by the increased restoration which is effected ;—in regard to the Body, by digestion being improved ; and in regard to the Mind, by the succession of agreeable impressions, and the forgetfulness of one's self :

“ To cure the Mind's wrong bias, *Spleen*,
Some recommend the Bowling Green,
Some Hilly walks,—all, Exercise ;
Fling but a Stone, the Giant dies.”—*Green*.

Travelling is a recreation to be recommended, especially to those whose employments are sedentary, who are engaged in abstract Studies, whose Minds have been sunk in a State of morbid melancholy by Hypochondriasis; or, by what is worst of all, who have a lack of Domestic Felicity.

“ Though Sluggards deem it but a foolish chase,
And marvel men should quit their easy chair,
The toilsome way, and long, long league to trace :
Oh ! there is sweetness in the Mountain Air,
And Life, that bloated ease can never hope to share.”

Childe Harold.

However, Nature will not suffer any sudden transitions. It is therefore improper for people accustomed to a Sedentary Life, to undertake suddenly a Journey during which they will be exposed to long and violent Jolting. The case here is the same, as if one accustomed to drink Water, should all at once begin to drink Wine.

It is as impossible to lay down any rule by

which to regulate the number of Miles a Man may journey in a Day, as to prescribe the precise number of Ounces he ought to eat : however, Nature in this has given us a very excellent guide in a sense of Lassitude, which is as unerring in Exercise, as the sense of Satiety is in Eating.

When one begins to be Low-spirited and Dejected ; to Yawn often, and be Drowsy ; —when the Appetite is impaired ; —when the smallest movement occasions a fluttering of the Pulse ; when the Mouth becomes dry, and is sensible of a bitter taste ; —seek Refreshment and Repose, if you wish to prevent Illness, already beginning to take place.

By raising the temperature of my Room to about 65, a Broth Diet, and taking a teaspoonful of Epsom Salt in half-a-pint of warm water, and repeating it every half-hour till it moves the Bowels twice or thrice, and

retiring to Rest an hour or two sooner than usual, I have often very speedily got rid of *Colds*, &c.

Remember,—a *Catarrh* is a disease which very commonly ends in an *Inflammation of the Lungs*; or, what is as frequent, and much worse, an *Asthma* or *Consumption*:—one half of these arise from inattention to what is called, a *Common Cold*.

A *Common Cold*, or what would be more properly called, A *Heat*, if properly managed, usually ceases in a few days, generally in less than Ten; if it continue longer, the best Medical Advice should be called in, and the utmost Care taken, or most serious and fatal consequences may be expected.

While Travelling, insensible perspiration may easily be checked; therefore carefully guard against all sudden transitions from Heat to Cold, or the contrary:—those who are very susceptible of changes of Tempera-

ture, will do well, when they go on a Journey, to carry with them a thin Flannel Waistcoat or Shirt.

The best Season for Travelling, is during those Months when there is no occasion for a Fire ; that is, just before, and after the extreme Heat.

In *Winter*, the ways are generally bad, and often dangerous, especially in Hilly Countries, by reason of the Snow and Ice—The days are short, a Traveller comes late to his Lodging, and is often forced to rise before the Sun in the Morning : besides, the Country looks dismal ; Nature is, as it were, half dead.

The Summer corrects all these inconveniences : if you travel in the cool of the Morning and Evening, and rest during the Heat of the Day.

Cleanliness when travelling is doubly necessary ;—to sponge the body every morning with tepid water, and then rub it dry with

a rough towel, will greatly contribute to preserve Health.

To put the Feet into warm water for a couple of minutes just before going to Bed, is very refreshing, and inviting to sleep :—for promoting Tranquillity, both Mental and Corporal, *a clean Skin* may be regarded as next in efficacy to *a clear Conscience*.

“ For from the Body’s purity, the Mind
Receives a secret, sympathetic aid.”

Thomson.

During the Temperate Months much more Exercise may be taken than during Summer, when Perspiration exhausts one half of the Strength—again, we can undergo more fatigue early in the Morning, than in the Afternoon.

Nothing will contribute more to the preservation of your Health and Strength than occasional Repose for a whole day :—for your Soul’s and for your Body’s Health, Remember, that “ the Seventh Day is the Sabbath of the Lord thy—God ! ”

Persons who would be shocked at the idea of sending for a Mantuamaker or a Tailor, a Carpenter or a Mason, on a Sunday, make no scruple to regularly employ their Coachman and their Horses.

“The Sunday shines no day of rest to them.”

If there was no other objection to employing them on the Sabbath, methinks this single one might suffice, that a really Devout heart would be unwilling to rob a fellow-creature of his time for Devotion, or a Humane one, of his hour of Rest: the Law of the land co-operates with the Law of—GOD! and the Master has no right, either legal or moral, to this portion of his Servant’s time, except in a case of Necessity—no other plea can abrogate that Statute of our—GOD!

“Thou shalt keep holy the SABBATH DAY, and thy *Servant* and thy *Cattle*, shall do no manner of Work.”

The tender mercy of—GOD!—was graciously pleased, by an astonishing conde-

scension, to include even the Cattle in the Commandment !

But Religion apart,—is it not wonderful, that people do not yield to the temptation that is held out to them, of abstaining from Diversions One day in Seven, upon motives of mere mundane policy, as Voluptuaries sometimes fast in order to give a keener relish to the next Repast.

I can imagine with what kind of Comment these remarks will be read by some ; however,—Peace be with such :—I am neither an advocate for the severity of a Jewish, nor the moroseness of a Puritanical Sabbath—I am likewise far from inferring, that all who neglect a strict observance of Sunday, are always remiss in the performance of their other Duties ; but it has been the opinion of many Wise and good Men, that—Christianity will stand or fall, as this Day is neglected or observed*.

* The ingenious Author of *A Profound MEDITATION*

“ Thus saith the LORD, Take heed to yourselves, and bear no burden on *the Sabbath day*, nor bring it in by the gates of Jerusalem.”

“ Neither carry forth a burden out of your houses on *the Sabbath day*, neither do ye any work ; but hallow ye *the Sabbath day*, as I commanded your fathers.”—*Jer.* xvii. 21, 22.

“ I have ever found,” says the good and the great Lord Chief Justice HALE, “ by a

upon Turnpikes, 8vo. 1753, p. 51, proposes that an additional Toll of 1s. per Head be laid on every Horseman ; 1s. 6d. on every single Horse Chaise ; 2s. for every Post Chaise, or Chariot and Pair ; 4s. for every Coach and Four, passing through each TURNPIKE ; and the several sums so collected, to be paid into the hands of the Lord Mayor of *London*, for the Relief and Benefit of poor industrious families ; or the Discharge of poor Debtors out of the several Gaols of the City :—it would send many an honest Man into the World, who would be more useful to the Community, than many of those who sent them thither.

strict and diligent observation, that a due observance of the duty of *Sunday*, has ever had joined to it a Blessing upon the rest of my time ;—the Week that has been so began has been blest and prosperous to me ;—on the other side, when I have been negligent of the duties of this Day, the rest of the week has been unhappy to my own secular employments. So that I could easily make an estimate of my successes the Week following, by the manner of my passing this *Holy-Day*. I DO NOT WRITE THIS LIGHTLY, BUT BY LONG AND SOUND EXPERIENCE.”—*Sir Matthew Hale’s Works*.

You will every where, much more readily, obtain your wishes, and keep out of danger, by Patience and Fair Words, than by Impatience and opprobrious Language ; so true is the saying of Henry the Fourth of France,

“ Parole douce, et main au bonnet,
Ne couste rien, et bon est.”

Keep your rank among the Great, but disdain not to stoop to the Peasant, when Charity dictates.

A respectful and humble carriage is a mighty advantage to gain Knowledge—it unlocks the heart of every one.

Be Affable to All:—Those who exclude *Civility* from the Catalogue of Virtues, do not understand the Nature of CHRISTIANITY; which is that *Universal Benevolence*, which conciliates the Good Will, makes all willing to serve you upon all occasions, and gives you a happy habit of self-denial, which will frequently make you forego what you like best, in order to enjoy the superior pleasure of pleasing Others. It is no inconsiderable acquirement to be able to contradict Ourselves:—the Earlier this habit of Self-government is given to Children the better for them, and for all who are about them—

“Just as the Twig is bent, the Tree’s inclined.”

As Early as two or three Years old, Children

are sagacious enough, to be taught, that on certain points they must implicitly obey certain Injunctions — such early Discipline is of the utmost importance to their comfort during every part of their after Life, in as much as the felicity of governing and moderating their Passions depends upon such early training —

“ Train up a child in the way that he should go.”

In Vulgar Children, who are “ untutor’d by fashion or art,” and are fretted one hour and petted another, the Mind of these Victims of vehement passion soon becomes actually disordered, and expresses itself accordingly,—nothing is more uncommon than to hear them *Talk* — instead of asking gently, they *Hollow* and *Shout* with importunate fury for what they wish to have, and scream and cry as violently to avoid what they dislike, and are ever and aye either in an Agony, or an Ecstasy.

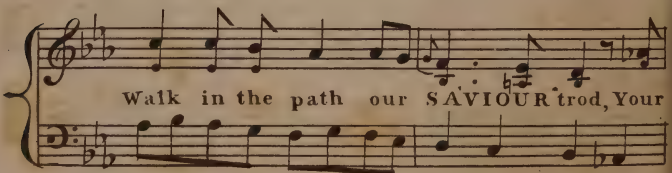
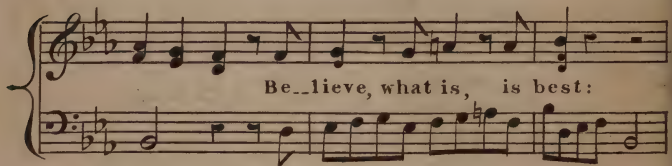
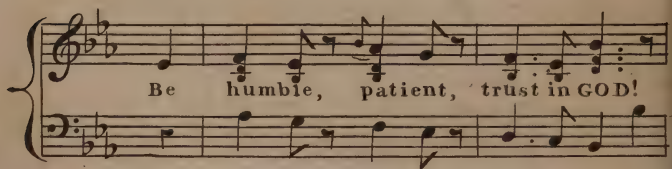
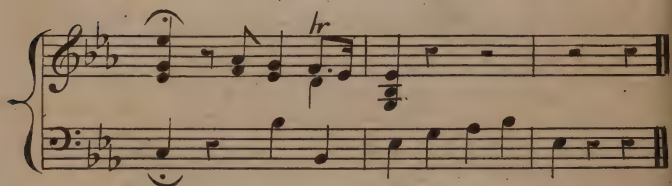
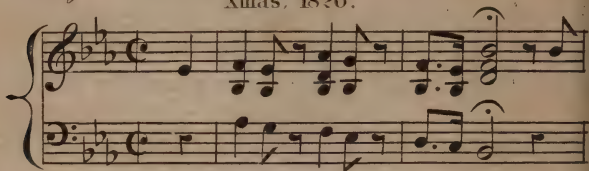
A FATHER'S ADVICE TO HIS SON,

"Let us run with Patience the Race that is set before us, looking unto JESUS." Heb. XII. 1 & 2.

Written & Composed by W^m Kitchiner, M.D.

Author of "The Book's Trade" & "The Art of Invigorating & Prolonging Life"

Xmas, 1826.



Days will then be blest. Be

humble, patient, trust in GOD! Be

humble, patient, trust in GOD!

trust in GOD! Believe, Believe, what

is, what is, is best.

tr

Of the following Precept, I cannot too strongly impress the importance, as a source of great Comfort to Yourself, and to those you leave at Home, it is, to

“ *Be punctual in Writing to your Friends.*”

“ Heav’n first taught *Letters* for some wretch’s aid,
Some banish’d Lover, or some captive maid ;
They love, they speak, they breathe what love inspires,
Warm from the soul and faithful to its fires,
Speed the soft intercourse from soul to soul,
And waft a sigh from Indus to the Pole.”

Enquire what days the Post comes in, and on your first arrival, especially in a Foreign Country, for fear of a miscarriage, (which, however, rarely happens), write by each Post, till you get an Answer.

Previous to your departure, determine the places where your *Letters* shall be addressed, carefully arranging both the Time and the Manner:—it is much safer to have your Letters directed to some respectable

Merchant or Banker, than to order them to be left at the Post Office till called for.

“ It is impossible to do any thing well without preparation.”

A Traveller should procure, some time previous to his setting out, the most accurate Accounts and general and special Maps of the Country he is about to visit*, and have them properly fitted up on Linen, in order to render them convenient for the pocket, and to refer to as often as he reads any account of the Country.

“ It hath been lately maintained in academical dispute, that the best Travelling is in Maps and good Authors, because thereby a man may take a view of the state of the manners of the World without mixing with

Many very useful Guides, &c. are published by LEIGH, Bookseller in the Strand, near Charing Cross; and MAPS, at CARY'S, in St. James's Street.

the corruption of it,—a pleasing opinion for solitary prisoners, who may thus travel over the World, though confined to a Dungeon.” — *Sir Philip Sydney on Travelling*, 16mo. 1633.

“ He that travels in Theory,” says *Dr. S. Johnson*, “ has no inconveniences ;—he has shade and sunshine at his disposal, and wherever he alights, finds tables of plenty and looks of gaiety. These ideas are indulged till the day of departure arrives, the Chaise is called, and the progress of happiness begins.

“ A few minutes teach him the fallacies of imagination. The Road is dusty,—the Air is sultry,—the Horses sluggish,—and the Postillion brutal.—He longs for the time of dinner, that he may eat and rest :—the Inn is crowded, his orders are neglected, and nothing remains, but that he devour in haste what the Cook has spoiled, and drive on in

quest of other entertainment. He finds at Night a more commodious house, but the best is always worse than he expected."

"He at last enters his native Province, and resolves to feast his mind with the conversation of his Old Friends, and the recollection of Juvenile Frolics. He stops at the house of his Friend, whom he designs to overpower with pleasure by the unexpected interview. He is not known till he tells his name, and revives the memory of himself by a gradual explanation. He is then coldly received, and ceremoniously feasted. He hastes away to another, whom his affairs have called away to a distant place, and having seen the empty house, goes away disgusted, by a disappointment which could not be intended, because it could not be foreseen. At the next house he finds every face clouded with misfortune, and is regarded with malevolence, as an unseasonable intruder,

who comes not to visit, but to insult them.”

“ It is seldom that we find either men or places such as we expect them : he that has pictured a prospect upon his Fancy, will receive little pleasure from his Eyes ; he that has anticipated the conversation of a Wit, will wonder to what prejudice he owes his reputation. Yet it is necessary to hope, though hope should always be deluded ; for ‘ Hope itself is Happiness,’ and its frustrations, however frequent, are far less dreadful than its extinction.”

In spite of the greatest care and attention, many objects will escape even a well-prepared mind ; therefore people cannot familiarize themselves too much at Home, with those objects they intend to inquire after Abroad, which they ought to accustom themselves to frequently reflect upon before they commence their Journey—the Memory will

be extremely assisted by putting down the Queries which they wish to be answered by various Persons at various places.

Never stir without *Paper, Pen, and Ink*, and a Note Book in your Pocket—Notes made with Pencils are easily obliterated by the motion of Travelling.

Commit to Paper whatever you See, Hear, or Read, that is remarkable, with your sensations on observing it;—do this upon the Spot, if possible, at the moment it first strikes; at all events, do not delay it beyond the first convenient opportunity.

“ It cannot be too strongly impressed on the minds of persons about to travel, the advantage that will result to them in making Memorandums of every thing that comes before their Notice, at the Moment: whether it regards the places they are passing through, the remarks of the Inhabitants, or the inconvenience they suffer for having

omitted to bring any trifling article with them which would have added to their comfort : for circumstances, which often appear trifling to the mind of a Traveller, are very interesting to relate to Friends at home, to say nothing of their Utility. I have found, since my return home, that for want of a stricter attention to the above, that where I have omitted to write down the names of Villages or any remarkable objects at the time of seeing them, my memory almost entirely fails me, and I have only some vague recollection of them as places that I must have passed through, they being in our line of route : but, on the other hand, where I have written down merely the name of the object at the time I witnessed it, I can perfectly recall to my mind its situation and general appearance.”—R. C. M.

The descriptions given by Travellers are apt to differ, according to the various states

of the Weather, and the Season of the Year ; moreover, the fatigue of either the Mind or the Body may depreciate their observation, and render less pleasing the object before them—some objects are seen to greatest advantage at certain times and from certain positions. The effect of a Landscape depends very much upon accidental circumstances ; the colouring of Nature, and the lights and shades which are marked by the Sun.

“ When you meet with an extraordinary person, request the favour of him to write his name in your Note Book, with some short sentence as a ‘ *Souvenir*. ’ ”

“ Affect the company of those you find most worthy, and not partially think them most worthy whom you most affect.”

“ Rather go an hundred Miles to speak with one Wise Man, than to see ten fair Towns.

“ If you wish excellent men to take pains to speak to you, either use much Expense or much Humbleness.”

From Profitable Instructions for Travellers, &c. by the Earl of Essex, Sir Philip Sydney, and Secretary Davison, 16mo. London, 1633.

An introduction to *Eminent Authors* may often be obtained from the Booksellers who publish their Works.

When information is given you upon any subject of consequence, mention in your Journal the name and Occupation of the person who communicated it, adding when and where you received it — the authenticity of the information depends much on the character of those who furnish it.

MEM.—If you earnestly wish to obtain accurate Information, never rely upon the accounts of others when you can use your own Eyes and Ears.

Travelling on Foot, or on Horseback, is

the most Healthful: but as Tertullian says, in his Lib. 2. Not., “riding on *Cowback* is the most independent.” He tells us that the comical Cynic, *Asclepiades*, made the Grand Tour on the back of a Cow, and lived all the while upon her Milk.

If a person is weakly, or undertakes a long excursion, it is then most advisable to travel in a *Carriage*, which may be so ingeniously contrived as to be rendered a Magazine of Comforts. See *Obs.* on Travelling Carriages, in “*The Horse and Carriage Keeper’s Oracle*,” by the Author of this Work.

When *Travelling in a Carriage*, it is very beneficial occasionally to change our position; that is, to sit sometimes toward one side, and sometimes to the other, and sometimes to recline, &c. By these means, one can best prevent those Evils attending continued riding, which are occasioned by the jolting being in one direction.

Always contrive to arrive at the end of your Journey by Daylight—Never travel, especially in a Road you are not perfectly well acquainted with, after it is dark—besides avoiding the danger of darkness, by arriving at your Inn early, you have the choice of the best Beds, best Provisions, &c.

Above all things, avoid Travelling during the Night; which, by interrupting SLEEP, and exposing the Body to the Night Air, is always prejudicial, even in the mildest Weather, and to the strongest Constitutions. By respecting Nocturnal rest, one may accomplish twice as much in the Day. *Sound Sleep** is as necessary to both the Mind

* “Nothing restores Strength like SLEEP.” says the benevolent Author of *The Good Nurse*; which little Volume deserves a place in the collection of every Woman who wishes to learn how to be a good Wife and a good Mother.

and the Body, as a sufficient portion of nutritive Food is, and all the noblest functions of each suffer miserably when we are deprived of it. Who has not felt the lack of Vigour invariably attendant on the loss of *Sleep*, to be as enfeebling, and as distressing, as the languor that attends the want of *Food*?

To Rob you of SLEEP I pronounce to be as “*Grand Larceny*,” and deserves as great a punishment, as to steal your Food! ay, much greater!! Money may replace the latter; but “tir’d Nature’s sweet restorer, balmy Sleep,” “with all means and appliances to boot,” when once disturbed, is with difficulty restored.

The Firm Health and Fine Spirits of Persons who live in the Country is not more from breathing a purer Air, than it is from enjoying plenty of sound Sleep; and the most distressing misery of this “Elysium of

Bricks and Mortar," is the rareness with which we enjoy

"The sweets of a slumber unbroke."

The Editor's feelings are tremblingly alive on this subject.

"Finis coronat opus."

However soundly he has slept during the early part of the Night—if the finishing Nap in the morning is interrupted from continuing to its natural termination, his whole System is shook by it, and all that Sleep has before done for him is undone in an instant;—he gets up distracted and languid*; and the

* *Czar Peter the Great*, in his rapid Journeys, lay only upon Straw; and being accustomed to sleep an hour after Dinner, the Emperor rested his head on one of his attendants, by way of a pillow. The *denctchick* was obliged to wait patiently in this posture, and not make the least motion for fear of waking him; for he

only part of his Head that is of any use to him, is the Hole between his Nose and Chin.

was as good-humoured when he had slept well, as he was gloomy and ill-tempered when his Slumbers had been disturbed, or he had been waked unnecessarily before the appointed time. — See *Stochlin's Anecdotes of Peter the Great*, p. 233.

HOW TO EAT AND DRINK.

PEOPLE are apt to imagine, that they may indulge a little more in high Living when on a Journey :—Travelling itself acts as a stimulus ; therefore, less Nourishment is required than in a state of Rest : what you might not consider Intemperance at home, may occasion violent Irritation, fatal Inflammations, &c. in situations where you are least able to obtain Medical Assistance.

During a Journey, endeavour to have your Meals at the hours you have been accustomed, —a change in *the Time* of taking Food, is as likely to affront your Stomach, as a change in the *Quality or the Quantity* of what is taken.

Innkeepers generally ask their Guests “ what they would please to have for Dinner?” The best Answer you can make to this, is the Question, “ What have you got in your Larder?” to which, beg leave to pay a visit.

Be cautious how you order *Sea Fish* in an Inland town; and there is a silly custom prevails of keeping Fresh water Fish, such as Carp, Eels, and other fresh water Fish, in Tubs and Cisterns, till they are very unfit for the Mouth.

Travellers *on the Continent* may live at a much cheaper rate, and also more comfortably, at a “ *Table d’Hôte*,” or at a “ *Restaurateur’s*,” than if they are served in their own Apartment.

Choose such Foods as you have found that your Stomach can digest easily—Nutritive, but not of a Heating nature, and so plainly dressed, that they cannot be adulterated :

the Safest Foods are Eggs, plain boiled or roasted Meat, and Fruit :—touch not any of those Queer Compounds commonly ycleped *Ragouts, Made Dishes, Puddings, Pies, &c.*

Above all, be on your guard against *Soup* and *Wine*.—Instead of Wine, it will often be better to drink Water, with the addition of one-eighth part of Brandy, which Travellers may carry with them.—“*The Oracle*” declares, that if A Man is not a very fastidious Epicure, he need never fear Hunger or Languor, when he can get good Bread and Water—*i. e.* provided he carry with him a Brunswick Sausage and a Bottle of Brandy.

Brandy for this purpose should be of the full Proof strength: you will be charged a few shillings per Gallon more for it, and you can only purchase it of a respectable Merchant by particularly requesting it :—such Brandy I have bought of *Mr. H. Hyde, of No. 59, Mark Lane.* The strongest Brandy

usually sold, is what is termed 10 per cent below Proof;—that is to say, to every 10 Gallons of Brandy of Proof Strength, one Gallon of Water has been added, and more frequently it is lowered still more: in proportion that the Spirit is lowered, so ought the Price; however, crafty dealers put off such “*Brandy and Water*” as a fine old and mild Spirit, and attribute to Age, what they effect by Aqueous adulteration! and so, obtain not only the profit arising from selling Water at the Price of Brandy, but an extra sum for so doing, as remuneration for the immense loss of Interest occasioned by having kept it till it is “so exceedingly Old and Mild!!”

Never give any Order for Wine to Waiters, —go to the Master or Mistress of the Inn, and request them to oblige you with the best Wine, &c. that they have; and beg of them to recommend whether it shall be Sherry,

Madeira, &c.—telling them that you are perfunctory about the *Name* and *the Age* of Wine, and particular only about the QUALITY of it.

“ If the drawer at a Tavern sell a man *Bad Wine*, whereby his Health is injured, he may bring an action against the Master: for, although the Master did not expressly order the servant to sell it to that person in particular, yet his permitting him to draw and sell it at all, is impliedly a general command.” — *Blackstone's Commentaries*, vol. i. chap. 6.

Let a Traveller carry with him a Copy of “ THE COOK'S ORACLE,” of which there is just published, by Cadell and Co. Edinburgh, and Geo. B. Whittaker, Ave Maria Lane, a New Edition, in 12mo. price 7s. 6d. boards.

“ For *Practical Precepts* we recommend particularly and chiefly the COOK'S ORACLE, in which, along with the plainest directions,

there is more of Philosophy, and, if we may so speak, of the Literature of *Gastronomie*. than in any work we have seen.” — *Suppl. to Encyc. Britan. article Food*.

“The COOK’S ORACLE we consider as the *ne plus ultra* of the science of Eating, and the very acmè of excellence in Culinary literature. So much good sense, combined with such exquisite *Gourmanderie*—so much plain *Pot-information*, conveyed in so truly humorous and original a style, place this Work on the very eminence of the ample dome of Cookery.” — *Monthly Review for December, 1821, p. 394*.

“We venture to prophesy, that the COOK’S ORACLE will be considered as the English *Institute of Cookery*.” — *Edinburgh Review for March, 1821, p. 60*.

By the help of this Culinary Code, Inexperienced Persons, in as little time as they can read it, may learn to prepare Common Food so perfectly, that the plain every day

Family-Fare of the ECONOMICAL HOUSE-KEEPER will, with scarcely any additional expense or trouble, be a satisfactory Entertainment for an EPICURE, or an INVALID.

After the Character given to “*The Cook’s Oracle*” in the Three Works above quoted—and the Public have proved their testimony to be true by the purchase of *Many Thousand* Copies of it—the Author may be pardoned, when he confesses that he is not a little Proud of having contributed so essentially to the improvement of the Health and Happiness of his countrymen.

“ Why should the Philosophic mind disdain
That Good, which makes each humbler bosom vain ?
Let School-taught Pride dissemble all it can,
These little things are great to little man ;
And Wise is he, whose sympathetic mind
Exults in all the Good of all mankind.”

Dr. Goldsmith.

Among the multitude of causes which

concur to impair Health, without which there can be but little Happiness, the most general is the improper Quality of our Food ; and this, most frequently, arises from the injudicious manner in which it is prepared.

By having accurately stated *the Quantity* of each article, and *the Time* required to prepare it, the Author has reduced Culinary operations to something like a Certainty ; and those whose organs of Digestion are delicate, need now no longer be entirely indebted to chance whether they shall Live long and Comfortably—or speedily Die of Starvation in the midst of Plenty.

To Travellers, especially in Foreign Countries, “ *The Cook’s Oracle* ” will be found an invaluable Comfort ;—by translating the Receipt, any person may prepare what is desired, as perfectly as a good English Cook.

There are many particulars as to Meat, Drink, Exercise, Sleep, Cold, Heat, &c.

which people soon find out from their own Observations, which they will generally find their best Guide.

There is perhaps no article of our usual Diet, however Insignificant or however Important, which has not been at one time highly extolled, and at another extremely abused, by those who have published *Books on Diet*, who, wedded to their own whimsies, and estimating the Strength of other Men's Stomachs by the Weakness of their Own, have, as the fit took 'em, attributed "all the Evils flesh is heir to," to eating either too much or too little—Salt,—Sugar,—Spice,—Bread,—Butter,—Pastry,—Poultry,—Pork,—Veal,—Beef,—Lamb, and indeed all Meats, excepting Mutton, have been alternately prescribed and proscribed.

Different degrees of Labour of Mind and of Body, Different Employments, Different Professions, Different Ages, and Different

Constitutions, require different degrees of Refreshment — what is absolutely necessary for one, may be extremely noxious to another. What is the quantity, the quality, and the frequency with which various Stimuli are required, only the Experience of the Individual can ascertain with due Accuracy; and in these matters every Man must be in a great degree his own Physician: hence the sensible old saying, that “At Forty, a Man is either a Fool or a Physician!” By that time a Man is fairly entitled to be called a Fool, if he has not found out what is agreeable, and what is offensive to his Constitution:—a prudent Traveller will cautiously abstain from every thing that his own Experience has taught him is apt to produce Indigestion.

OF
A TRAVELLER'S APPEARANCE.

WEAR a plain Dress;—upon no account display any Ring, Watch, Trinkets, &c. nor assume any Airs of Consequence.

Be Liberal.—The advantages of a Reputation for Generosity which a person easily acquires, and the many petty annoyances he entirely avoids, by the annual disbursement of Five pounds worth of Shillings and Half Crowns, will produce him five times as much Satisfaction as he can obtain by spending that sum in any other way—it does not depend so much upon a man's general Expense, as it does upon his giving handsomely

where it is proper to give at all—he who gives *Two Shillings* is called Mean, while he who gives *Half a Crown* is considered Generous; so that the difference of these two opposite characters depends upon *Sixpence*.

He shall not be accused of Prodigality, in whose accounts not a more extravagant charge appears than such a sum set down annually for “ Good Humour.”

Those who Travel for Pleasure must not disquiet their Minds with the cares of too great Economy, or, instead of the Pleasure, they will find nothing but Vexation. To Travel agreeably, one must spend freely: 'tis the way to be respected by every Body, and to gain Admittance Everywhere. Since 'tis but once in your Life that you undertake such a Thing, 'tis not worth while to be anxious about saving a few Pounds.

“ A Traveller stopt at a Widow's Gate,
She kept an Inn, and he wanted to bait :

But the Widow she slighted her guest;
For when Nature was making an ugly face,
She certainly moulded the traveller's face,
As a sample for all the rest.

A Bag full of Gold on the table he laid;
'T had a wondrous effect on the Widow and Maid,
And they quickly grew marvellous civil:
The money immediately alter'd the case;
They were charm'd with his hump, and his snout, and
his face,
Though he still might have frighten'd the Devil."

Part of a Ballad by George Colman the Younger.

However,—affect not the Character of a
Magnificent Fool, whose greatness is mani-
fest merely in the superior fault of squander-
ing profusely.

Some Silly Travellers spend so much in
seeing other Men's Lands, that they are
obliged, on their return, to Sell their
Own.

Never talk of your Affairs to Strangers,
or to your fellow Travellers, neither of the

Property you have with you, or where you put it.

A Person who Travels for Improvement, will not waste his means in an ostentatious Equipage, or encumber himself with any superfluous Luggage.

It would be a ridiculous vanity for a traveller to carry costly Rings, Watches, Snuff Boxes, &c.; they are direct invitations to Robbers, and irresistible enticements to Innkeepers to raise their charges.

The best way of avoiding Mistakes, and preventing Over-charges, is to pay the Bill of the Landlord every morning, or every third day at farthest, and take a Receipt for it. "*Prompt Payment*" produces Attention and Respect.

Innkeepers are inquisitive,—it is always prudent to conceal from them what would give them an idea of the Traveller's importance.

“ He is the discreetest Traveller who savoureth of least affectation or strangeness ; and who maintaineth no Exotic modes at all after his return, either in his deportment or in his discourse, unless the subject require it, and the occasion and company aptly serve for it, then, an application of his Knowledge, may properly season his matter.”—*Instructions for Travellers*, London, 1642.

OF
TRAVELLING COMPANIONS,
AND
OF SERVANTS.

BE very cautious in choosing a Companion for your Travels. Some are Curious, desirous to see and examine every thing, and never scruple to expose themselves to a Shower of Rain, or to find their Dinner Cold at the Inn, if they can but make some new Discovery or important Observation. Others like to travel like Post Horses, and never mind Things worth Observation, provided they can find a good Bed and good Victuals : therefore, a prudent Person will previously

make himself thoroughly acquainted with the Humour of his intended Companions.

A Traveller exposes himself to many inconveniences if he cannot depend upon the fidelity and sobriety of his Servant, and his aversion to illicit and dangerous amusements,—his character cannot be too closely scrutinised before an agreement takes place.

A Servant* selected to accompany a Gentleman on his Travels, should be conversant with the French language, write legibly, and be able to copy with correctness and celerity whatever is laid before him,—it will be extremely convenient that he can occasionally officiate as “*The Cook’s*,” or “*The Horse and Carriage-Keeper’s Oracle*.”

* “Excellent Servants, Swiss, Germans, or Italians, may always be procured by speaking to the keepers of respectable Hotels: there are many advantages in choosing a servant from his native place.”—*Galignani’s Traveller’s Guide*, 18mo. 1825, p. 1.

HINTS
FOR
PROMOTING THE PLEASURES, AND
PRESERVING THE HEALTH,
AND
A LIST OF REQUISITES FOR TRAVELLERS.

PERHAPS the following Catalogue comprises more machinery than any one Traveller may require, but it was composed to exhibit what articles were useful to various Artists, and to remind those about to Travel, of what they would most be in want of.

Imprimis,

“ Beware of Dogs.”

There have been many arguments *pro*, and *con*, the dreadful Disease their bite produces—

it is enough, to know, that multitudes of Men, Women, and Children, have died in consequence of being bitten by Dogs.—What does it matter whether they were the Victims of Bodily Disease or Mental Irritation? The life of the most humble Human Being is of more value than all the Dogs in the World—dare the most brutal Cynic say otherwise?

Semi-drowning in the Sea, and all the pretended specifics, are mere delusions,—there is no real remedy but cutting the part out immediately.—If the bite be near a large Blood vessel, that cannot always be done, nor when done, however well done, will it always prevent the miserable Victim from dying the most dreadful of Deaths!!!

Well might ST. PAUL tell us to

“Beware of Dogs.”

First Epistle to Philippians, chap. iii. v. 2.

Therefore, never travel without a good tough Black Thorn in your Fist, not less

than three feet in length, on which may be marked the Inches, and so it may serve for a Measure.

Pampered Dogs, that are permitted to prance about as they please, when they hear a Knock, scamper to the Door, and not seldom snap at unwary Visitors.—Whenever *Counsellor Cautious* went to a House, &c. where he was not quite certain that there was no Dog, after he had rapped at the Door, He retired three or four Yards from it, and prepared against the Enemy : when the Door was opened, he desired if there was any Dog, that it might be shut up till he was gone, and would not enter the House till it was.

Sword and *Tuck Sticks*, as commonly made, are hardly so good a weapon as a stout Stick—the Blades are often inserted into the Handles in such a slight manner, that one smart blow will break them out—if you wish for a *Sword-Cane*, you must have

one made with a good Regulation Blade, which alone will cost more than is usually charged for the entire Stick.—I have seen a Cane made by MR. PRICE, *of the Stick and Umbrella Warehouse, No. 221 in the Strand,* near Temple Bar, which was excellently put together.

A powerful weapon, and a very smart and light-looking thing, is *an Iron Stick* of about four-tenths of an inch in diameter, with a Hook next the Hand, and terminating at the other end in a Spike about five inches in length, which is covered by a Ferrule, the whole painted the colour of a common walking Stick : it has a light natty appearance, while it is in fact a most formidable Instrument.

A Portable Case of Instruments for Drawing.

A Sketch and a Note-Book.

Paper, Ink, — and Pins, Needles, and Thread.

A Ruby or Rhodium Pen, made by *Doughty*, No. 10, Great Ormond Street.

The nibs of this perfect and permanent Pen, are Rubies, or Rhodium set in Gold, materials which are neither corroded by Ink, nor worn by use. Some are as fine as the finest Crow quill, and others as firm as the strongest Swan quill: they have every degree of elasticity that can be desired, and produce an Uniform Manuscript, which is unattainable by any other Pen. They may be inserted into *Lewis's Fountain Pen*, which is a convenient Instrument for a Traveller.

Pencils: *LANGDON's*, of *Great Russell Street*, are *Excellent*.

A folding one Foot Rule, divided into eighths, tenths, and twelfths of inches.

A Hunting Watch with Seconds, with a Detached Lever, or Dupleix's escapement, in good strong Silver cases, is the best Pocket Watch for a Traveller:—the Escapement

which is applied to *Chronometers* is more apt to be stopped. Let it have a Compensation Balance, unless you prefer a *Baro-* to a *Chrono-* meter.

A friend of the Author's, praised his Time-teller in the following words: "Yes, it's a beautiful *Watch*, an't it? and do you know, that it is also such a Nice BAROMETER, that a very little change of temperature alters its going excessively, and it is as good a Weather Glass as one can wish!!!"

MEM.—A good Watch deserves to be cleaned every Eighteen Months; if it goes much longer it will be greatly injured by the dust, which enters in spite of the greatest care, grinding among the Pivots:—our Traveller must not imagine that he can purchase a *Good Watch* cheaper at Paris than he can in London; the really fine French Watches are quite as dear, and are certainly not more beautiful, nor more perfectly finished, than

those made in Clerkenwell. Many who travel, wait to suit themselves in Paris or Geneva with Watches, instead of taking them from England : they are very inferior in workmanship, and are really proportionably dearer, and generally made so thin, that it is impossible to make their main-springs efficient, for honest work.

MR. HARDY has made several Regulators with Rémontoire escapement, which Astronomical Observers have testified as having kept time within a Second in a Year — now it is difficult to determine whether this extremely small Error was of the Astronomer who observed, or of the Clock.

I have bought some beautiful Pocket Chronometers and Watches of MR. HARDY, of No. 5, *Wood Street*, and of MR. SAVAGE, *Watch Manufacturer, of No. 3, Red Lion Street, Clerkenwell*, which have performed well : and as no branch of Mechanism varies

in excellence more than a Watch, and as few are able to judge by the external appearance thereof, I tell the Lover of Punctuality where he may be likely to procure a “True Time-Keeper.”

The Best constructed *Balance*, compared to a *Pendulum*, is extremely uncertain in its action,—many people expect more perfection in a Watch, especially when worn in the Pocket, than the most expert Artist can produce.

The motion of the Body, the change of Position, and variation of Temperature during the Day and the Night, are such interruptions, that the most perfect Watch that art can produce is not to be depended upon, when worn in the Pocket, to go nearer than within about 5 seconds per day; but *Pocket Chronometers*, when kept in one position and in a state of rest, have been known to keep a mean rate of 2 seconds per day, for months.

Before you pay for a Watch, or Chronometer, let the Maker regulate it to as near a rate as possible, wear it for a Week, and see how it works with the Regulator of its maker—its Value, is in the proportion to the closeness and regularity of its Rate;—for instance, a Watchmaker makes a dozen *Chronometers*, and bestows an equal degree of attention to the finishing of each of them; so much so, that he has reason to hope, that they will all perform equally well: however, when put to the trial, he commonly finds, that of the dozen, perhaps Four in spite of all his care and pains will turn out but indifferent Watches; Six of them Good; and the remaining Two, fine, and fit

“To correct Old Time and regulate the Sun:”
but why they act with such superior accuracy, he cannot imagine.—In every department of Art it is the same; *the Acmé of perfection is always accidental*, and not to be

attained with undeviating certainty by any rules.

Before a Watch is ready for the Pocket, the component parts thereof must have passed through the hands of not less than *An Hundred and Fifty different Workmen*,*—

* The Fifteen Principal Branches are :—

1. The Movement maker; who divides it into various Branches, viz. Pillar maker, Stop Stud maker, Frame mounter, Screw maker, Cock and Potence maker, Verge maker, Pinion maker, Balance wheel maker, Wheel cutter, Fusee maker, and other small Branches.

2. Dial maker; who employs—a Capper maker, an Enameller, Painter, &c.

3. Case maker; who makes the case to the frame, employs—Box maker, and outside case maker—Joint Finisher.

4. Pendant maker; (both Case and Pendant go to the Goldsmiths' Hall to be marked.)

5. Secret Springer, and Spring Liner: the Spring and Liner are divided into other branches; viz.—the Spring maker, Button maker, &c.

6. Cap maker; who employs—Springer, &c.

now if one of these happens to have been perfunctory, which it is a Hundred and

7. Jeweller; which comprises the Diamond Cutting, Setting, making Ruby Holes, &c.

8. Motion maker, and other Branches, viz.—Slide maker, Edge maker, and Bolt maker.

9. Spring maker; (*i. e.* Main-Spring), consisting of Wire Drawer, &c., Hammerer, Polisher, and Temperer.

10. Chain maker; this comprises several branches—Wire Drawer, Link maker and Rivetter, Hook maker, &c.

11. Engraver; who also employs—a Piercer and Name cutter.

12. Finisher; who employs—a Wheel and Fusee cutter, and other workers in smaller branches.

13. Gilder is divided into two, viz.—Gilder and Brusher.

14. Glass and Hands; the Glass employs two, viz.—blower and maker. Hand maker employs—Die sinker, Finisher, &c.

15. Fitter-in; who overlooks the whole; fits hands on, &c.

The above 50 branches are subdivided again and again.

Fifty to one that there has; the wonder that the Watch will not perform, ceases at once.

Watches should be regulated to gain, rather than to lose,—especially if they have not a going fusee which keeps the Watch going while it is being wound up:—the inconvenience that a Watch may occasion if it gets on a little too fast, of sending you any where a little too soon, is seldom attended with the disappointment which often happens to those who arrive too late.

The Fob for a large Watch should be Four inches wide and about five in depth—it rides much easier to the wearer in such a large Pocket;—the Fob is the very worst place to carry a Watch in, as it is shaken at every step we take—and goes, like RORY'S *Rozinante*, which our Superlative Laugh-maker, O'Keefe, in his Opera of *Gretna Green*, says, went

“*Shakity, Quakity, Kickity, Friskity.*”

The quietest, and most secure situation for it, is a leathern pocket within the breast pocket of a Coat, made of such a size, and with a chain of such a length that the Watch may always be in one position, with the pendant upwards.

If you wish to give it a chance of going its best, you must always keep it in exactly the same *Position*, and wind it up at exactly the same *Time*, that the same parts of the Spring may be employed.

Watches are made much better, much more beautiful, and much cheaper now, than they were twenty years ago. New watches are now got up as low as 18s.—these are sold chiefly for exportation among the poor Negroes in the West Indies, who care little for any thing but the appearance of such a *splendid decoration*. On asking a facetious Watch maker how such Watches would go—he said, “ Oh ! they’ll go very well while you carry them.”

Jack Tar's mode of trying the merits of a Watch, is, if he is very flush of Money, to take half-a-dozen of his Jew dealer, and rolling them along the deck, he chooses that which is going after the experiment, and pays for the repair of the others, or orders those which have failed in the experiment to be immediately *Fried*.

The present prices of really serviceable Watches are :—

For a *Vertical* Watch with seconds, in a Silver case, from £5 to £10.

A Hunting Watch, about 10s. more.

The Horizontal, from £5 to £15.

Dupleix's Escapement, from £5 to £20.

For the *Detached Lever* Escapement, from £5 to £20.

A *Chronometer* from £15 to £60.

A *Compensation Balance* or Slide, from £1. 11s. 6d. to £5 : according to the degree of nicety required in the adjustment of it.

The performance of a Watch depends much, but not entirely, upon the Escapement: however, it is supposed that a Horizontal, or a Detached Lever, must go much truer than a Vertical Watch;—if the Movement be equally good, it will; otherwise, a highly finished Vertical Watch, will be more likely to go well, than a badly got up Watch with a Detached Lever.

Many people measure the going of their Watch by a *Church Clock*—but these, being so openly exposed to the Weather, are a very uncertain Criterion, and are not seldom either a Minute too Fast or too Slow—the best test, is the Regulator of the Watch-Maker.

The Warning Watch is a convenient contrivance for ensuring Punctuality—by setting the Warning hand to the time you wish the Alarm to prompt you, it goes off and rings a merry peal for several minutes—and if you put it under your Pillow, it will tell you when

it is time to get up, in terms too distinct not to be immediately understood.

A Mariner's Compass ; this may be in a Seal, on the top of a Snuff-Box, or Head of a Cane.

A Thermometer ; this may be in a Tooth-Pick case.

A Barometer for measuring heights ; this may be in a Walking-Stick.

A One Foot Achromatic Telescope with a sliding or polycratic Eye-Tube to vary the magnifying Power from 15 to 30 times ; this may be in a Walking-Stick, which should be divided into Feet and Inches, so as to serve also for a Measure. The Upper end of it may be covered with a Cap, in which may be contained a *Compass* ; at the other end is fixed a *Dirk* six inches in length—such *Travellers' Sticks*, made in the best manner, may be bought at Mr. Dollond's, in St. Paul's Church Yard, where is also sold

Dr. Kitchiner's *Invisible Opera Glass, or Traveller's Vade Mecum*:—this is an Inestimable little Instrument, especially for Short-sighted People, or those who desire to discern the distinct outline of distant objects:—this was a contrivance of *Mr. Pierce* and myself; and when he quitted business I gave it to *Mr. Dollond*. When shut up in its case, it is only two inches in Length; when in use, three inches; it has a single plano-convex Object-glass, six-tenths of an inch in diameter, magnifies about three times, and costs only 12s.;—for the purpose above stated, I prefer it to any Achromatic Perspective, with every kind of which I have compared it, and always return to my little Glass.

Mr. Dollond's Achromatic Opera Glasses, which have an aperture of an Inch and a half or Two inches when they magnify Four times, give beautiful views of a Landscape.

The Opera Glass is another article which

cannot be procured better Abroad than it can be at Home, nor any where better than at *Mr. Dollond's*. The Author speaks positively on this point; he has studied the subject.—See the First Part of his “*Economy of the Eyes*,” printed for Geo. B. Whittaker, Ave-Maria Lane.

When you arrive in any Town, begin with ascending the highest edifice, or the highest neighbouring ground: thus, with the assistance of a Plan, and an Invisible Opera Glass, you may soon obtain a distinct idea of it.

A Night Lamp, placed in a little Lantern, which may be made dark, and carry on its top a tin cup that will hold half-a-pint of Water.

A Tinder Box, or an Instantaneous Light Box.

If he wears *Spectacles*, let him not take Tortoiseshell, which is easily broken, but Two Pairs with strong *Silver* frames, and

an Eye Glass in a Silver Ring slung round his Neck,—all with Pebbles, as being least liable to be scratched or broken.

MEM.—It hath been said, that “ *Gold Spectacles* are presumptive evidence that the wearer hath quite as much Gold as he has Good Sense.”

For every Information respecting Spectacles, see “ *The Economy of the Eyes*,” Part First—by the Author of the present Work—and printed for Geo. B. Whittaker, Ave-Maria Lane.

A *Traveller’s Knife*, containing—a Large and a Small Blade—a Saw—Hook for taking a Stone out of a Horse’s Shoe—Turnscrew—Gunpicker—Tweezers, and a Corkscrew, long and large enough to be useful :—Coleman, No. 4, Haymarket, makes these.

Golashes or Parabones are useful as guards against Cold and Damp : these are sold in Regent Street.

For the Table, Your own Knife and Fork

and Spoon will be no small comfort, and are made to fold into the small Compass of a large Pocket Knife: they may be had at Exeter Change.

A Welch Wig is a cheap and comfortable *Travelling Cap*.

No matter what be the Weather or the Season, never go a Journey without an *Umbrella*, (the Stick of which may contain a Telescope or a Sword) and a *Great Coat*, as the Proverb advises,

“ *If it do not Rain, take your Great Coat and Umbrella; if it do, do as you please.*”

Most Men require a Great Coat when the temperature of the External Air is below 40, especially if they are beyond 40 years of age—some susceptible Constitutions require this additional clothing when the Thermometer falls below 50;—especially at the commencement of the Cold Weather.

A GREAT COAT, and a HAT, ought to

be kept in a Room where there is a Fire,—if they have been hung up in a cold damp Hall, as they often are, a top Coat will contribute about as much to your Calorification, as if you wrapped a Wet Blanket about you.

Persons who are excessively susceptible of the variations of Temperature, should have Two Great Coats, one for Cool and Fair Weather (*i. e.* between 45 and 35 of Fahrenheit), of light Bath Coating; and another for Cold and Foul Weather, of Broad Cloth lined with Fur, as a “*Dreadnought*” against Frost and Snow, which, if it is intended to defend you from *Cold, Wind, and Rain*, should lap over at least four inches—if the Buttons are placed down the Coat below the Knees, it will be found a great comfort in Wet Weather, when there is much Wind.

The vain and ridiculous ideas concerning *Hardiness* which prevail in the minds of the

Young and the Inexperienced, prompt them to reject with contempt that proper precaution in Travelling, wearing Warm Clothing. But if you ride in the open air, there are few Nights, even during the hottest Weather, in England, in which a Great Coat, is not only a salutary, but a needful covering to the hardiest fellow.

Those who are subject to Rheumatism or Cough, or have suffered from Inflammation of the Lungs, should beware of *Riding on the Outside of a Coach*, in any season, especially in Cold Weather, during the Night—a stoppage of Perspiration, and an exposure of the membranes of the fauces and trachea to a current of extremely cold and damp Air, will subject the pulmonary passages to dangerous Inflammations; and many Consumptions, and incurable Rheumatic and Paralytic Complaints, have been brought on by such imprudence.

If circumstances compel you to ride on the outside of a Coach, put on Two Shirts and Two Pairs of Stockings, turn up the collar of your Great Coat and tie a handkerchief round it, and have plenty of dry Straw to set your Feet on.

Dr. RUSH tells us, that “those Officers who wore flannel Shirts or Waistcoats next their skins, in general escaped Fevers and other Diseases, which those who did not frequently suffered.”

CAPTAIN PARRY, in speaking of the external clothing sufficient for Health in the cold climate of the North Pole, says that “it must be confessed that in severe exposure, a load of woollen clothes, even of the best quality, is insufficient to retain a comfortable degree of warmth, a strong breeze carrying it off so rapidly, that the sensation is that of the cold piercing through the body. A jacket made very long, like

those called by seamen '*pea jackets*,' and lined with FUR throughout, would be more effectual than twice the weight of woollen clothes, and is, indeed, almost weather proof."

The art of protecting the Body from extreme Heat and Cold, by Food, Clothes, Exercise, Wine, &c., we have already explained to the utmost of our ability in "The Art of Invigorating and Prolonging Life."

Shoes are better than *Boots* for long journeys, and warmer if you wear gaiters with them, or if you draw a Pair of the Fishermen's worsted *Wodmull Hose* over them: these are to be bought at Thresher's, hosier, next Somerset House, Strand; and at Smith's, in Catharine Street, Strand.

That the Feet be dry shod and preserved warm, is extremely important, not only to Comfort, but to Health,—various modes

have been proposed to fortify Leather and to render Shoes Water proof:—we have heard that Fishermen preserve their Boots by the following Composition:—

A Pint of boiled Neatsfoot Oil;
 Half a pound of Mutton Suet;
 Six ounces of Bees Wax;
 Four ounces of Resin.

These are to be melted together over a slow fire; and both the Upper Leather and Soles of the Boots and Shoes, when quite New and clean, are warmed and rubbed with this composition till the Leather is saturated.

The Curriers' Dubbing, which is sold at the Curriers, is an excellent restorative to Leather, renders it as soft as Satin, and at the same time makes it impervious to wet.

Those who wish to have an effectual defence against wet, and at the same time an easy Shoe, will have *Double Upper Lea-*

thers. Two thin Leathers are much more pliable and easy than one thick one, and keep out damp in a far superior degree; but such Shoes will cost at least £1. 1s. per pair. Some of the scientific Sons of St. Crispin contrive to make the *Sole* of a Shoe appear very thick by putting two very thick *welts* and then merely a common Sole: such Shoes will wear no longer than those that are only half as thick. To detect this imposition, look along the edge of the Sole; if it is not unusually thickly and cleverly waxed, &c. you may perceive the cracks between the Welts and the Soles.

Those who take long Journeys on Foot, must have thick Soles to their Shoes. When I lived at the Observatory at Camden Town, about fifteen years ago, I was in the habit of walking a great deal in all weathers, and sometimes, on a wet morning, walked to town at twelve o'clock, dined out, and walked

back at nine in the evening — therefore, I provided myself with very substantial Shoes ; and I remember one day when I was hunting for Soles, I met with some very stout ones at a Currier's in Newcastle Street, in the Strand, which I was told were selected for *Mr. Powell*, the famous walker, and that his Shoes weighed a pound a-piece.

During *Captain Barclay's* extraordinary performance of a thousand Miles in a thousand Hours, “ he always used Strong Shoes and Lambs' Wool Stockings.”—See *Pedestrianism*, 8vo. 1813, p. 127.

DR. KITCHINER'S
FEET PRESERVERS.

A THIN loose Leather inside Sole, not above $\frac{1}{15}$ th of an inch in thickness, is an excellent defence against Damp, and forms an easy spring for the Feet, and in the Winter season is as comfortable to the Foot, as Mr. Grose says, that a Flannel Flesh Bag (Shirt) is to the Body.

The mischiefs arising from too *Tight* or too *Thin* Shoes are manifold indeed—the natural perspiration of the feet is checked, and Warts, Corns, Bunnions, and all their attendant pains, distress us, and numerous other Maladies are induced, which extend

their influence from *one* extremity of our Body to the *other*.

Nail Nippers are infinitely the most convenient and safest instruments for cutting the Toe Nails;—from a careless manner of doing which, many aged persons have received “*a Death wound*;” the circulation in the extremities being so feeble, nothing could stop mortification.

They may be had at Coleman's, cutler, No. 4, Haymarket.

HINTS

TO THOSE WHO WANT

A WELL-FITTING AND EASY SHOE,

OR WHO HAVE

A DEFORMED FOOT, BUNNIONS, &c.

DEFORMED Parts are always tender: the following is the best plan of obtaining *the best fitting and easiest Shoe*:—Have a mould of the foot made of Plaster of Paris, and a Last from that Mould—by a little attention to the indents and protuberances of which, a clever Shoemaker will be enabled to make a Shoe of the exact form of the Foot.

Travellers in Carriages are very liable to have their Legs swelled; in order to prevent

which, wear easy and thick Shoes, rather than light and Thin Boots,—untie your Garters, loose your Girdle, and alight and walk as often as opportunity permits, in order to excite Circulation.

Plethoric persons, and those who are subject to a spitting of Blood, and indeed all Valetudinarians, should consult their Medical Adviser before they undertake a long Journey.

Those who are afflicted with a Rupture, should take a spare Truss with them—this advice applies to a much greater number of persons than may be supposed—“after a minute investigation of the number of Ruptured people in this kingdom, male and female, I am induced to take them upon an average of *one to fifteen*.”—*Turnbull on Ruptures*, 12mo. 1798, p. 4.

This complaint is brought on by many causes, which people are more exposed to

abroad than they are at Home :— great Fatigue— Exertion in carrying weights beyond their strength— violent Coughing— Laughing— Leaping— Falls, &c. All persons who are afflicted with a Rupture, should remember that any sudden exertion or violent motion may produce the most alarming consequences.

Those who have been afflicted with a Stricture should carry with them an elastic or flexible Catheter— there are so many relapses in a complaint of this kind, that every one labouring under it, should acquire the habit of introducing it, that he may relieve himself, in case of need, when distant from Chirurgical assistance; because every considerable stricture leaves a diseased organisation, which has always a disposition to contract.

See this subject plainly and fully dis-

cussed in the author's last work, "*The Century of Surgeons*," 12mo. 1825, published by Geo. B. Whittaker, Ave-Maria Lane.

Many persons become Costive when they travel, who are not at all so at Home — the change of Air, of Food and Drink, and the general change of Habits, very often produce this to an extremely inconvenient degree; therefore, every one should carry such Aperient Medicine as experience has convinced him suits his constitution, and will gently but effectually counteract the disposition we have mentioned.

Ponder well on the following sentence: —
"APERIENT MEDICINE does *Enough*, if it accelerates or increases the customary Evacuation, and does *Too Much*, if it does more than occasion One, or at most, Two additional motions: — Bowels which are forced into double action to-day, must consequently

become Costive to-morrow, and Constipation will be caused by the remedy you have recourse to, to remove it; and thus, one dose creates a necessity for another, till the poor Patient wants Physic almost as often as he wants Food.” — *Art of Invigorating Life*, 12mo. 1826, p. 257.

Various Writers recommend various remedies; but the fact is, that there is little or no specific property in any Purgative, which is more or less beneficial in the proportion that it acts speedily, easily, and effectually, and without violence.

When the Temperature falls from 70 or 80 to 60 or 50, as it often does toward the termination of August, that violent disorder of the Bile, called *Cholera Morbus*, is a more frequent than welcome Visitor, and appears unexpectedly without the least notice: various causes have been assigned for it:— Our own opinion is, that it is occasioned

by a large portion of the Business which, during the several very warm weeks preceding, had been done by the Skin, suddenly falling in upon the Bowels, and having so much more work to do than they are prepared for, they are at first puzzled how to do it, and require a little help, which, if not given by aperient medicine, *Cholera* comes on.

During this distressing Disorder, the Stomach is often so extremely irritable that it will not bear a bit or a sup of any thing — when the Vomiting has continued several hours, I have often put an end to it, by desiring the Patient to give his Stomach a little rest, *i. e.* go to bed and take nothing for several hours but a couple of *Persuaders*; lie still and endeavour to go to Sleep; the Pills restoring the natural pace of the Peristaltic motion, stop the Vomiting, and put an end to the Disease.

During the heat of Summer,

“ While the furious Dog-star rages,”

a great part of the Excretions, which in the Colder Months had made their escape by the Kidneys and Bowels, leave these Emunc-tories, and pass through the Pores of the Skin in Perspiration :—when these Pores are shut by the return of the Cold Season, if the bowels are not opened, *Cholera Morbus*, In-flammations, &c., (especially when travelling,) and various painful and fatal Disorders, come on rapidly :—Against the effects of such vicissitudes of Temperature, “ *Peri-staltic Persuaders* ” are a Panacea which every Traveller should be provided with.

TO
MAKE FORTY
OF
DR. KITCHINER'S
PERISTALTIC PERSUADERS.

TAKE Rhubarb finely pulverized, Two drachms ;

Syrup (by weight) One drachm ;

Oil of Carraway, Ten drops (Minims).

Make Forty Pills, each of which will contain Three grains of Rhubarb.

At any time when your Stomach feels as if something is offending it, and it seems to say to your Mouth, "I wish You would be so obliging as to swallow something that will accelerate the Alvine exoneration," introduce two or three of these Pills —

Experience will soon teach you the number convenient.

Peristaltic Persuaders are the most convenient Laxative for Travellers; but in the case of any thing extremely disagreeing with the Stomach, and a quick acting remedy be required, dissolve a teaspoonful of *Epsom* or *Glauber* Salts in half-a-pint of as warm water as you can drink, and repeat it every half-hour till it operates. Glauber's Salt keeps best in a warm Climate. Epsom Salt attracts moisture, is apt to deliquesce, and is preserved with more difficulty.

In other Persons, the change of Food and Drink occasionally gives rise to a morbid acidity in the Stomach, &c. and to a very distressing Diarrhœa: the remedy for this is,

R Compound Powder of Kino, one drachm;

Compound Powder of Chalk, half an ounce.

Mix thoroughly together, and divide it into Six Pow-

ders, One of which may be taken once or twice a day, in a teaspoonful of Brandy and three table-spoonsful of Water.

This conveniently portable Astringent will keep good for Years in any Climate.

TRAVELLING

MEDICINE CHESTS.

THAT a Box of Physic and a collection of Receipts may save the expense of employing a Physician, is about as absurd an idea as to suppose that providing Yourself with a Chest of his Tools may save the Expense of employing a Watchmaker! Thirty years ago, when I first began to study Physic, the specious stories I read of the powers of various Drugs, induced me to purchase a Medicine Chest, which contained *Eight* Bottles, and hardly ventured out of one Room into another without carrying it with me. A year or two after, I bought Another, which had *Fourteen*,

and then Another, which had *Thirty-five*. As Experience gradually illumined my Mind, I became less believing in the specific powers of Physic, and got back to my *Eight* Bottles—and now, alas ! I am reduced to a Box of “ *Peristaltic Persuaders*,”—and in any Ailment beyond their power, I call in a Medical friend.

The Body cannot be much Diseased, without the Mind becoming Disordered also, and in a very unfit condition for any thing like directing a Fight against *DEATH*.

If it were known what particular intention a *Recipe* was directed for ; the Ages of different People, their Habits and Temperaments, still the various complications of their Disorders would require a very minute investigation, before it should be administered :—I have said all that I can, on the means of Preserving and Magnifying the Enjoyments

of Health, in “*The Art of Invigorating and Prolonging Life**,” 12mo. 1827, of which Work the Author is proud to say that the Public have been pleased to purchase TEN THOUSAND COPIES.—The Author has been gratefully industrious to deserve the Approbation which it has been honoured with, and not a single sentence has been inserted in it from any other motive than an earnest desire to diffuse

Truths interesting to all, in Terms intelligible to all.

Travelling Medicine Chests have been fitted up in a variety of forms : however, so many circumstances arise which it is impossible to foresee, and is impossible to provide against, that all that the most wary Traveller can do, is by timely attention to the First Symptoms of Disorder, to prevent the increase of it : for this purpose, he will rarely require more than

* Printed for Geo. B. Whittaker, Ave-Maria Lane.

Salts—Rhubarb—Sal Volatile—and Sticking Plaster.

A Lancet is indeed necessary for a Traveller, because a Lancet which has been used in bleeding a person afflicted with an Infectious Disease may inoculate any other who may be bled with it a short time afterwards—and so may *a Razor* which has shaved a diseased person.

Carbonate of Soda is useful: you may occasionally get good Beer*, excepting that it is a little Stale, which this will correct; but *the best Beverage for Travellers*, is half of a common-sized Wine Glass; or One ounce of Brandy in a common-sized Tum-

* We can tell you where you can get good Beer in London---at FIELD'S, No. 22, Henrietta Street, Covent Garden. *Brown Stout*, *Burton Ale*, and *Cider Superlative*, quite as agreeable to the Mouth, and ten times more so to the Stomach, than half of the *Champagne* that is now sold.

bler; or Eight ounces, or half-a-pint of Water.

Strong Peppermint Lozenges are excellent Stomach warmers, and very comforting companions in Cold Weather;—they will often stop Sea-sickness, and will fortify your Stomach when you have to fast longer than usual. They are made by *Smith, Fell Street, Wood Street, Cheapside.*

Have a *Pocket Bottle*, which will hold about six ounces, *i. e.* three Glasses of Wine. The Silver bottles are the safest;—you will find a variety of them at No. 13, in New Bond Street.

Some Biscuits; for the *Languor* felt when the Stomach is empty, may often be removed by eating a *Biscuit*; and when it can be so appeased, it is a more innocent way of amusing it, than by winding it up with *Wine*; however, it is more advisable to give it both, than to suffer the Circulation to go down.

Some Portable Soup will also be frequently found very acceptable.

Provide a good store of *Sixpences*; for, as *Tom Thrifty* says, they are handy little fellows, that will sometimes do the work of *Shillings*: for the same reason, take some *Shillings*, and *Half-Crowns* and *Crowns*, which are the deputies of *Half-Sovereigns*, as the latter will occasionally serve as Substitutes for *Sovereigns*.—But MEM. The Oracle is not advising the Reader to avail himself of any of these Substitutes, on any occasion where Desert demands more.

“Render to every man his Due.”

Pay Others, as you would like to be Paid Yourself.

IF
BOXES OR PACKAGES
ARE TO BE
SENT INTO THE COUNTRY,

HAVE them Directed in a plain legible School-Boy's round hand, and Corded, &c. on the day before you go a Journey.

Let some person be present at *the Packing up*, as a Witness to the Contents, and make an Inventory of what the Trunk, &c. contains, one Copy of which may be pasted inside the Lid, and another kept:—the person who sees it packed should accompany it to the Warehouse of the Coach or Waggon, and see it delivered to the Book-keeper, and see it Booked—therefore your Porters should

be able to read writing, and know what they are about; and warn them that there are plenty of Rogues prowling about Inn-yards, who are prodigiously polite in their offers to ease unwary Porters of their Luggage.

Trunks, &c. should not be fastened behind Carriages, unless with Chains; except Servants ride behind and attend to them. *At Mr. Pratt's, No. 47, New Bond Street,* there are a variety of Portable Canteens and other Conveniences for Travellers; among others,

Leather Sheets, as a Security against Damp Beds.

Small Canteens fitted up with Tea Kettle, Tea Pot, Tea and Sugar Canisters, Cups and Saucers, Cruets, Knives and Forks, and Spoons, for two persons, in a case only nine inches long, by eight wide and seven deep.

A Two Quart Tea Kettle, containing Tea Pot and Canister.

Soldier's Comforters, consisting of two Saucepans, Lamp and Stand, Spice Box, all contained in one Saucepan six inches long and three inches over.

Brush Cases, with Hair, Hat, Clothes, Blacking and Shoe Brushes, &c. &c.

Carpet Bags, or *Sacs de Nuit*: Portable Writing and Dressing Cases in Russian Leather, &c. &c.

IF
YOU ARE
TO
SLEEP ON THE ROAD,

THE Earlier you arrive, and the Earlier after your arrival you apply, the better the chance you have of getting a Good Bed : this done, order your *Luggage* to your Room:—A Travelling Bag, or a “*Sac de nuit*,” in addition to your Trunk, is very necessary—it should be large enough to contain one or two changes of Linen—a Night Shirt—Shaving apparatus—comb, clothes, tooth, and hair-brushes. If you travel by Diligence, some of which stop during the Night, the Travelling Bag is a great luxury, as it is not

always convenient to be continually unpacking a Portmanteau. Take care to see your Sheets are well aired, and that you can fasten your Room at Night :—in the morning, when you are to set off again, see your Luggage stowed safely as before.

In Lonesome places, where an accident may oblige you to rest, if you carry Fire Arms, it may be well to let the Landlord see (as it were accidentally) that you are well Armed. “ *Mr. La Combe*, in his Picture of London, advises those who do not wish to be robbed, to carry a Brace of Blunderbusses, and to put the muzzle of one out of each Window, so as to be seen by the Robbers !!!” —*Gents. Mag. for 1795*, p. 831.

A Pair of *Pistol Holsters* covered with Black Fur, and attached to the Coachbox, are very good defensive furniture ; and if you do not furnish them with Pistols — *Mr. Jervis* says they will be very convenient Prog Pockets for your Coachman.

However well made your Pistols, however carefully you have chosen your Flint*, and however dry your Powder, look to their Priming and touch-hole every Night:—if you have reason to think that they may be required for actual service, fire them off, clean them out, and reload them; but never use these deathful Instruments merely to save a little Money, and no prudent Traveller will carry much:—if your Pistol takes effect you may preserve your Property, but it is a melancholy price you pay for it, if it costs the Life of a fellow Creature; and if it misses fire, you will most likely not only be Robbed, but Murdered!

“THE ORACLE” declares, that though it may be Lawful, it is Foolish, to fight for Money—for Folly and Madness it surely is, to stake your Life for the sake of a few Pounds!—it is as ridiculous, as *Scrub* in the

* *The Detonating Locks*, which ignite by the Cock falling on a Copper Cup, are said to be infallible.

Play crying out, "Take my Life! take my Life!! only—Spare all I have!!!"

Employ your Pistol only to protect your Person.

"*If an Innkeeper's Servants rob his Guests, the Master is bound to restitution: for, as there is a confidence reposed in him that he will take care to provide honest Servants, his negligence is a kind of implied consent to the Robbery; and it is the same, though the Robbery be not committed by the Servant of the Innkeeper (unless it be by some one belonging to the Guest), for he is bound to take care of the Goods committed to his charge; nam, qui non prohibet, cùm prohibere possit, jubet.*" — *Blackstone's Commentaries*, vol. i. ch. 6.

FOR
PERSONAL DEFENCE,

DOUBLE Barrelled Pocket Pistols, with Detonating Locks and Spring Bayonets, are best, particularly those which have both barrels above, and do not require turning.

POCKET DOOR BOLTS, which are applicable to almost all sorts of Doors, may on many occasions save the Property and the Life of the Traveller: it is advisable to be always provided with such Bolts:—*The Cork-screw Door-fastening* is the simplest that we have seen; this is screwed in between the Door and the Door-Post, and unites them so firmly, that great power is required to force a Door so fastened. They are as portable as common Corkscrews, and their Weight does not exceed an Ounce and a half.

The safety of your Bed Room Door should always be carefully examined ; and in case of Bolts not being at hand, it will be useful to hinder entrance into the Room, by putting a Table and Chair upon it against the Door ; such precautions are, however, less necessary in England than they are on the Continent, where it is advisable to choose a Room with Two Beds, and to let your Servant sleep in the Room, and to burn a light all Night :—when you enter the room to go to rest, take a peep behind and under the Beds, Closets, &c. and all places where concealment is possible.

I read the above to an old Traveller, who told me, that when travelling in Italy about thirty-five years ago, he always adopted this plan ; and that on one occasion, at a poor solitary Inn, he could not obtain a double-Bedded Room, and was told that his attendant must sleep in another part of the

House—observing that there was no fastening to the Bed Room Door, and apprehending some bad intention, he placed a Bureau against it, and thereon set a Basin and Ewer, in such a position as to easily rattle, so that on being shook they instantly became “*molto agitato*,” and seemed to say, “*Don’t ye—Don’t ye—I’ll tell if You do*” — he prepared his Pistols for actual service, and mounted Guard, repeating to himself,

“ At the peaceful Midnight hour,
Every Sense and every Power
Fetter’d lies in balmy Sleep—
Then our careful Watch we keep.”

“ Soon as the Iron tongue of Midnight
Had toll’d Twelve,

the Door was attempted; as often as it was touched, the chattering of the Crockery gave Alarm, and the attempt, after many attempts, was abandoned.

B E D S.

As Travellers never can be sure that those who have slept in the Beds* before them, were not afflicted with some contagious Disease, whenever they can, they should carry their own sheets with them, *i. e.* a light *Eider down Quilt*, and two dressed Hart Skins should be put upon the Mattresses to hinder the disagreeable contact: these are to be covered with the Traveller's own

* To Persons travelling in the Southern parts of Italy, *Pratt's Patent Folding Bedstead*, sold at No. 47, New Bond Street, is a great comfort. It is fitted into an Oil Cloth Bag, and the weight is under 40 lbs. The Cushions for the interior of the Carriage should be made so as to serve as a Mattress for it.

Sheets; if an *Eider down Quilt* be not sufficient to keep him warm, his Coat put upon it, will increase the heat sufficiently. In the Morning let them be well shaken, exposed to the fresh air for five minutes, and well shaken again before they are packed up.

If the Traveller is not provided with these accommodations, it will sometimes be prudent not to undress entirely; however, the Neckcloth, Garters, Girt, and every thing else which Checks the Circulation, must be loosened.

J. Harriot, Esq., Projector of “The Thames Police,” and Author of “Struggles through Life,” states, that in travelling to America with a great number of Persons in the same conveyance, and learning from their conversation, that the Sleeping-house had but few Beds, which would render it necessary that several should sleep in a

Bed ; to which Mr. Harriot felt great aversion, but said nothing. Finding at the Sleeping-house that their apprehensions were realised, he opened his baggage and took his Horse Pistols and loaded them in the presence of the Passengers, and then placed one of them on each of the Pillows : — When the Passengers asked eagerly what he meant by that ? he told them that he had travelled a great deal in many Countries, and had got so much into the habit of it, that he could not Sleep if he did not place a loaded Pistol on each side of his Head. The consequence was, he had all the Bed to himself, as none of them offered to look near it.

I N N S.

“ Whoe’er has Travell’d Life’s dull round,
Whate’er his Fortunes may have been,
Will sigh to think he still has found
His warmest Welcome at an *Inn*,”

PROTESTS poet *Shenstone*; and our Philosopher *Johnson*, (his biographer, *Boswell*, tells us,) pronounced “ *a Tavern Chair* to be the Throne of earthly Felicity:”—these sentiments may meet with support from the kind of Gentlefolk to whom *Dr. Hunter* dedicated his *Culina*, “ who freely give Two Guineas for a Turtle Dinner at the Tavern, when they might have a much better one at Home for Ten Shillings.”

The Elegance and Magnificence of some English Inns and Taverns, for instance, of

the ALBION in Aldersgate Street, are equal to those of many Noblemen's Houses ; and the Guests are made as comfortable, as if they were invited to occupy an Apartment in the Mansion of a Man of Fortune, with a request to accept of the attendance of his Servants, and of every thing that can contribute to their comfort and convenience : but the generality of Taverns, in our opinion, are rather to be endured than enjoyed ; and we do not envy the domestic Felicity of those persons who prefer them to their own Home.

Always endeavour to Lodge in the Best Inn ; you will not find it more expensive than the indifferent ones ; you will be better served, and your Property will be secure, which is not always the case in Inferior Inns, where people of all conditions resort, and the Innkeeper has not so great an incitement to support his Credit.

“ If an Innkeeper or other Victualler hangs out a Sign, and opens his House for Travellers, it is an implied engagement to entertain all persons who travel that way ; and upon this universal *assumpsit*, an Action on the case will lie against him for Damages, if he, without good reason, refuses to admit a Traveller.” — *Blackstone’s Commentaries*, vol. iii. chap. iv.

In some houses of minor reputation, the Expense will even be greater than in those of the first rank, as the needy Proprietors seize every opportunity to impose upon the Richer order of Strangers.

FIELDING’S remark that, at *Good* Inns you pay extravagantly for good cheer, and at *Bad* ones for nothing at all, is generally just.

An experienced Traveller observes, I have never found the Charges at the best Houses, taking in the advantage of the comfort I

have received, so high as at ordinary Inns.

I have always found remonstrance concerning the Bill, of no other avail than to add Insolence to Imposition—and I have constantly paid Tavern bills without manifesting any objection, upon the principle of the man, who said, that he made a point of never arguing with either a Highwayman, or a Barber; for one held a Pistol to his Head, and the other a Razor to his Throat.

In the course of my last Journey of more than four thousand miles, I never refused to pay a single item in a bill of this description but once. I have submitted to sit in filth, to wait till I have been sick, and at last to get nothing eatable at an Inn, the apology for an Alehouse at WAPPING, at the same expense for which I had the day before been lodged handsomely, attended diligently, and served plentifully.

It is not unusual for the Bill to be cast up wrong. This Error I always make a point of rectifying, because, as it may possibly be a mistake, one may take the liberty of noticing it without offence; but, besides this, a close Inspector will occasionally discover that some of the Ciphers are altered either into Sixpences or Ninepences; and thus is caused an augmentation of the actual amount of the Bill to the tune of two or three Shillings — this trick is played by the Waiters.

Clean Sheets are not remarkably common at Common Inns, where, I am informed, that the practice is to take them from the Bed, sprinkle them with Water, to fold them down, and then put them in a Press. When they are wanted again, they are, literally speaking, shewn to the Fire, and in a reeking state laid on the Bed. The Traveller is tired and sleepy, dreams of that

Pleasure or that Business which brought him from Home, and the remotest thing from his mind is, that from the very repose which he fancies has refreshed him, he has received the *Rheumatism*. The Receipt, therefore, to sleep comfortably at Inns, is to *take your own Sheets*, to have plenty of flannel gowns, and to promise, and take care to pay, a handsome consideration for the liberty of choosing your Beds.

Damp Beds are oftenest found in Inns that are least visited; they ought to be carefully avoided, for they not only produce dreadful *Disorders*, but have often proved the *Death* of the person who has had the misfortune to sleep in them.

Especially in Winter, not only examine the Beds, to see whether they are quite Dry, but have the Bed-clothes in your presence put before the fire.

Just before you go to Bed, order a pan of

hot Coals to be run through it, then place a clean tumbler inverted between the Sheets, and let it remain there for a few minutes — if on withdrawing it the slightest cloud is observable on the inner surface, be certain that either the Sheets or the Bed are damp : sleeping in the Blankets is a disagreeable, but the safest way of escaping such danger : there are many persons in the habit of travelling who make it a constant practice.

A Wash Leather Sheet, about 8 feet by 5, is not an unpleasant substitute for Linen.

If a friend offers you a Bed, have it warmed with the necessary precautions, because there are in certain houses, certain state beds, kept for certain Visitors, which are very likely to be damp ; and however careful your friends may be themselves, and however timidly anxious that you should have every accommodation, nevertheless, as these operations are inevitably trusted to

Servants, they may not always be attended to properly.

“ The Young Men upon the circuit with the celebrated Counsellor DUNNING, were often astonished to find such a mean figure gained the preference of all the Chambermaids—his method was this: the minute they alighted, Dunning called for the Chambermaid; ‘ Are you,’ said he, ‘ Child, the person who provides the Beds?’ ‘ I am, Sir.’ ‘ Then,’ said he, ‘ there’s a Guinea for you.’ That *retaining Fee* secured his Sheets being always well aired! And surely such a generous man was the fittest to oblige. Dunning well knew *the effect of a Fee beforehand.*” — *Thicknesse’s Memoirs*, 12mo. 1788, p. 89.

A Facetious Traveller says, that “ the only absolutely safe plan, is to sleep in a Bed which you are sure has been occupied the Night before; and that, that must be

the best-aired Bed which was slept in by the best-aired person!"—QY. *The Cook?*

NOTA BENE. A Prudent Traveller will always take care to come to his Inn where he is to rest for the Night, some hours before Bed-time — this is the surest plan of securing a choice of Bed Chambers, and of procuring a well-aired Bed; and those who can afford to send an *Avant Courier*, will do wisely to let him be a day's journey in advance, to see that all things are ready for their reception:— this may be accomplished by those who have not such a Servant, by sending a Letter a few days before to the Innkeeper where they intend to stop.

The following Anecdote of PUNCTUALITY was communicated to us by A. E.:

“ The late Mr. Ireland of Exeter, who died about nine years ago, was an active traveller till he was about 80 years of Age; he was remarkable for being precisely

punctual in all his appointments; and by his methodical Conduct, and uniform Diligence, amassed a large Fortune.

“ For a long series of Years, the proprietor of every Inn he frequented in Devonshire and Cornwall, knew many Months before the time, not only the Day, but the very Hour that he would arrive—and this worthy Man was so pleasant in his manner, and so bountiful to those who paid him due Attention, that wherever he was expected, every one was on the alert to welcome him, and this, (for the Honour of Hospitality and the Comfort of Travellers, be it recorded,) as much for the Pleasure they received from paying Respect to his Goodnature, as from the reward which they were sure to receive from his Generosity.

“ During one of his Peregrinations, a Gentleman on a Journey to Cornwall stop-

ped at a small Inn at Port Isaac: the Landlord presented him with the Bill of Fare, which he did not quite approve of, and seeing a fine Fowl at the Fire, ‘I’ll have that,’ said the Traveller.—‘I beg your pardon, Sir, I am very sorry, but that Fowl is dressed on purpose for Mr. Ireland of Exeter.’—‘I know Mr. Ireland very well,’ rejoined the Gentleman: ‘he is not in your house.’—‘Very true, Sir, but you will see that he will be, within Ten minutes, if he is Alive! The last time he did us the honour to dine here, which is about Six months ago, he ordered a fine Roast Fowl to be ready for him this Day precisely at two o’clock; and as sure as the Sun came to the Meridian at Twelve, I am sure he will come here at Two, if he is Alive! for he is a Gentleman that never breaks his word!!!’ To the astonishment of the Traveller, he

saw ‘ *Punctuality personified* ’ enter the Inn within a handful of Seconds of the time predicted by the Landlord.”

An experienced Traveller says, “ I found that it mightily facilitated my obtaining a Good Bed, and a Good Bed Room, when I ordered a Good Supper.”

“ *Experto Crede.* ”

HINTS
TO
TRAVELLERS ON HORSEBACK,
OR
IN CARRIAGES.

HORSES that have continued long without due Exercise, must not be put to hard Labour on a sudden.

Travellers who can take their time, should ride but a short stage the first and second day, say not exceeding twenty Miles;—on the Third, a good Horse will carry you from thirty to forty.

To Horse a Coach well: Stage masters allow a Horse to each *double Mile*, *i. e.* back-

wards and forwards, stages not exceeding ten Miles, if it can be so contrived.

If you are going a very long Journey, it will be wise to rest during the Fourth day, and give your Horse time to recover his Spirits.

Have your Horse shod some days before you set out on a Journey, or before you Hunt, that you may have time to remedy any accident that may happen by the Nails having been driven too deeply, and that the pain occasioned by the Hammer-knocks may be out of his Feet.—There is another advantage attending this caution, which is, that the Shoes become firmer seated on the Hoofs, and the clenches and nails rusted, which contributes greatly to keep them in their place.

Whenever you perceive your Horse begin to Halt, you may suspect that his Foot has been pricked with a Nail,—immediately alight and remove it, or it may do much mischief.

At the termination of each Stage, let the state of the Shoes be examined; if there is any Gravel sticking between them and your Horses' feet, let it be removed, and whatever is amiss rectified.

A few days before a Journey, desire your Coachman to carefully examine every part of the Carriage, and again at the end of each day's Journey; and examine carefully that the Saddle and the Harness fit your Horses:— if their tackle does not sit easy, but in the least hurts or tickles them, they will be fretted, and not able to do half the work they would if it fitted well. From the want of such precautions, many irreparable and fatal Accidents happen.

While on the Road, caution your Servant never to trust the cleaning of the Carriage to the Stablemen of the Inn, who, in their careless hurry, and with their old ragged Mops and dirty Cloths, may scratch and

deface the pannels more in a few Minutes, than with proper care they would suffer in many Months : therefore, however you may be obliged to pay these persons their customary perquisites—tell him to look after your Carriage and Horses himself.

When Travelling, desire your Servant not only to see the Corn given to your Horse, but to wait by him till he eats it :—some mangers have a Hole in a corner, and as soon as a Horse rubs his Nose along it, the great part of the Corn runs out into a nice little Sack which is placed underneath to catch it !

Be provided with Pence, Sixpences, and Shillings, ready to pay the Tolls—Turnpike-men are not obliged to give any change ; and having the Money ready, saves Time. Provide plenty of *Sixpences*—they will often save your Shillings.

Desire your Servant to enter all Expenses

on your account, as soon as he can after they are paid, in a Memorandum Book which you must give him for that purpose : when Travelling, settle this every Day, and while at Home, once a Week.

When a Horse has been heated during a long Journey, his Saddle must have absorbed a large quantity of moisture ; and without it is carefully dried must remain Damp, and if put on in that state the next day, it will very frequently give your Horse Cold ; the same often happens from the Body Cloths, and even from the Girths. It is a very proper mode to place a Cloth under the Saddle : this can be dried easily, and if washed now and then, never can get hard.

When your Horse comes in Hot, loosen the Girth, and let the Saddle remain on for five minutes : never let him be hung by the Bridle at the Stable Door, or his Legs or Feet be washed until he gets cold ; but let

him be walked about in the Summer, and in the Winter put immediately into the Stable:—if he is used to be clothed in his own Stable, see that he be so when he is out, especially when he comes in hot, and that the sweat is thoroughly wiped off.

When Travelling, especially in hot Weather, when the Roads are dusty, Horses are greatly refreshed by allowing them to cool their Mouths and Throats with a gulp or two (not more), or, as Will Whipcord says, in the classical language of the Stable, “a go-down or two of Water,” and sponging their Eyes, Nostrils, and Ears.

Ordinary Grooms seem to fancy that their Horses are as fond of Drinking as they are Themselves; but *never let your Horse be led to a trough*, the water in which is often dirty, and you cannot tell how much he drinks: let him have it out of a Pail, and half a pailful is enough at once; and if

he is very hot, the chill of this may be taken off by adding a pint of hot water to it.

Horses prefer *Soft water*, and it is best for them : if the water is very hard or brackish, place a little chalk in the Pail some time previous to the Horse's watering.

When you stop to bait on a Journey, and your Horse is very dry, do not give him more than a quarter of a Pail of Water, then let him have his feed, and then another quarter of a Pail of Water.

In hot weather, when the Roads are dry and dusty, to wash a Horse's legs and feet is extremely refreshing ; but they must be rubbed thoroughly dry afterwards.

The following are *old Markham's Maxims* :—

“ When the Days are extreme hot, labour your Horse morning and evening, and forbear high Noone.

“ Take not your Saddle off suddenly, but

at leisure ; and laying on the cloth, set on the Saddle again till he be cold.

“ Litter your Horse deepe ; and in the dayes of harvest let it also lye under him.

“ Dresse your Horse twice a day.

“ In your Journeying, alight at every steep Hill ; for it is a great refreshing and comfort to your Horse ! ” — See *Way to Wealth*, 4to. 1731, p. 61.

In Travelling, after the principal Feed, let them have not less than Two, and if you can, give them Three hours rest, that their Food may have time to digest : unless the restorative process has taken place, they will not feel much more refreshed by mere Eating, than if they had only rested without it.

Some Horses, like some Riders, like to lie down and take a Nap* after they have had

* See the *Art of Invigorating and Prolonging Life*, 12mo. 1827, written by the Reader's humble Servant, the Editor of these Pages.

their Dinner — therefore, get the quietest Stable you can, where there is plenty of room for them to lie down in what position they please, and give particular directions that their Rest may not be disturbed.

The best plan is to reserve the full Feed till Night, and to give it at twice.

Repose to Horses that are tired, is as refreshing and recruiting as it is to Ourselves, and every opportunity should be given them to enjoy it as comfortably as possible.

“ *Sleep* ’s the most strengthening Cordial Life receives :

He that takes my Purse, steals Trash ;

But He that breaks my *Sleep*, takes from me

That which gives no Strength to him,

And makes me Weak indeed !”

Lastly ; I beg to prefer a petition in favour of the useful Animals which are the subject of this Essay, which is, to allow them plenty of Time to perform their Task—even fifteen minutes more than what is often allowed to

perform a Stage of ten miles ; and One day's rest in a Week, would amazingly prolong the Lives of Horses.

“Thou shalt keep Holy the SABBATH DAY, and thy *Servant* and thy *Cattle* shall do no manner of work.”

How often are Horses Lamed, and otherwise rendered useless, by furiously hard Riding and Driving, and want of Rest !

That Noble Author, *the Duke of Newcastle*, in his Essay on Horses, fol. 1667, p. 39, argues thus : “Have not all *Schollars* Play-days ? and also certain hours of Rest in their Daies of *Study* ? All *Tradesmen* Holy-days to rejoyce themselves in ? *Statesmen* Divertisements from Business ? and *Lawyers* their Terms and Vacations ? And shall Horses only be *Galley Slaves* ?”

The proverbial saying, “that England is the best Country in the World for *Women*, and the worst for *Horses*,” is often verified.

Of the Pace in Travelling.

Some fine fast Horses will go eight miles in an hour, with as much ease as Heavy Horses will six or five—this depends upon their natural Strength and Swiftness—upon the condition they are in—and upon what pace they have been accustomed to.

Every Horse (like every Man, especially after a certain age,) has his favourite pace, with which he can proceed with comparative ease, to what he can go either faster or slower.

Give them their own time when going up, and don't hurry them down Hill.

The Mail Coachmen's maxims are,

“ Down Hill Easy;”

“ Up Hill Gently.”

And when you come to a bit of good even road, let them go on.

Mr. Jervis says, “ Just before you get to a Hill, mend your pace, that your Carriage

may get into a swing, which will carry it on some way up a hill with less labour to your Horses : let them trot up the Hill ; and when you get to the top, let them walk as they will till they get their wind again.”

Mr. Jervis says, that people are mistaken in supposing that a perfectly *level* road is the easiest for Horses ; and that they get on better on a road that gives and takes a little : on the Road that is uniformly Level they are always against their Collar ; whereas, if they work a little harder when they go up, they get rest when they go down Hill.

The Ryegate Post Boys tell you that they prefer the Sutton Road to the Croydon, notwithstanding the former is hilly, the latter level.

From Six to Seven Miles an hour is about the rate that good Carriage Horses, who are allowed plenty of good Corn, will travel comfortably to themselves on a good Road.

The longer the distance they are to go in a day, the slower they ought to be Driven.

Do not hurry your Horses on at first starting, for *the first four or five Miles*: let them choose their own pace, and *the last Mile* of each Stage slacken their pace by degrees, that they may come in as cool as possible: with such care Horses will feed much better and will eat almost as soon as they get in, which, when you have only a little time to stop, is very advantageous.

EXPENSES

IN

TRAVELLING, &c.

WITH

A PAIR OF HORSES, A CHARIOT,
AND COACHMAN.

s. d.

Letting the Horses wash their Mouths after they
have run seven or eight miles, is very comfort-
able and refreshing to them, especially in very
hot weather; if you are travelling a long way,
it will refresh them still more if you at the
same time give them a little bit of Hay : for
a Pair of Horses 0 6
For a *Short Bait*, i. e. if you go out for ten miles,
and the two horses are put up for an hour or

136 EXPENSES IN TRAVELLING, &c.

	s.	d.
two, a feed or Quartern of Corn each, and Hostler 6 <i>d.</i> is about	1	6
<i>If you go out to Dinner in the Country</i> , your Nags will like to Dine too, and have a half peck of Corn each, and some Hay also; dif- ferent Inns vary in their charges from 2 <i>s.</i> 6 <i>d.</i> (including 6 <i>d.</i> to the Hostler) to	3	6

MEM.—*If you go out to Dinner in London*, a distance exceeding three Miles, it is more advisable to put up your Horses than to send them home, as the Wear of the Carriage in doing the double work of going home and coming again for you, will cost as much as you will be charged, which, for Hay at a Livery Stable (including 6*d.* to the Hostler,) is 1*s.* 6*d.* Moreover, it is convenient to have the power of returning home sooner or later, as you like, without danger of your Servants and Horses catching Cold in waiting for you.

It is customary to allow the Coachman some refreshment when your Horses are put up while you are at Dinner—whatever you choose to give, give in Money.

s. d.

<i>When you Stop all Night</i> , the charge for Hay and Corn, &c.; for Supper and Breakfast, for a Pair of Horses, including the Hostler, is about	9	0
A Single Saddle Horse is charged about	3	0
A Horse and Gig, exclusive of the Hostler, about	3	6
<i>A Coachman, while Travelling, is allowed about 3s. or 3s. 6d. per day extra to his usual board wages of 2s. per day, i. e. 5s. 6d. per day....</i>	3	6
A respectable Hackneyman informs me that the average charge for a pair of Horses for Travelling, to be kept by the Hirer, is per Month..	£10	

It is not advisable to travel, on an average, faster than Six miles in an hour, nor more than Thirty in one day—but on a pinch, if you start at six o'clock in the morning, and the Weather and Roads are good, and

138 EXPENSES IN TRAVELLING, &c.

your Nags are good, they will occasionally carry you Fifty ; for going of which, the following is an advisable plan :

<i>Miles.</i>	<i>Expenses.</i>	
	<i>s.</i>	<i>d.</i>
Go 10. Stop a quarter of an hour, give your horses a mouthful of Hay and a little Water, which, if you have travelled at the rate of six miles an hour, will bring you to three quarters past seven o'clock.....	0	6
6. Stop half an hour, let their Harness be taken off, let them be well rubbed down, and give them each half a peck of Corn, before they start again: this will bring you to a quarter past nine o'clock; and the expense will be, including the Hostler, from 2s. to	2	6
10. Stop and bait with Hay and Water, as at first; this will bring you to eleven o'clock.....	0	6
Carried forward	3	6

<i>Miles.</i>	<i>Expenses.</i>	
	<i>s.</i>	<i>d.</i>
	Brought forward.....	3 6
Go 6.	Here rest for at least two hours, give them some Hay, and a feed of Corn; for this long Bait, the average charge (see No. 4 of travelling Expenses) is about 3 <i>s.</i> (including 6 <i>d.</i> to the Hostler); this brings you to two o'clock.....	
		3 0
10.	A little Hay and Water; this brings you to a quarter past four	
		0 6
8.	This will bring* you to six o'clock: Hay, Corn, and Hostler, for the Night. Beans, which are only necessary in Cold and Wet Weather,	
	1 <i>s.</i> extra	8 0
	Coachman extra	3 6
<hr/>		<hr/>
50.		18 6

* Perhaps the Verbal Critic may say that I have used the word *bring* almost as often, and as absurdly, as some Travellers do the word "*got*."

I got on Horseback within ten Minutes after I re-

When you wish to travel forty or fifty miles in a day expeditiously, if you have Horses of your own—it is the most advisable plan to send them on the day before about twenty or twenty-five miles, de-

ceived your Letter. When I got to Canterbury, I got a Chaise for Town. But I got wet through before I got to Canterbury, and I have got such a Cold as I shall not be able to GET rid of in a Hurry. I got to the Treasury about Noon, but first of all I got shaved and drest. I soon got into the secret of GETTING a Memorial before the Board, but I could not GET an Answer then; however, I got intelligence from the Messenger that I should most likely GET one next morning. As soon as I got back to my Inn, I got my Supper, and got to Bed. It was not long before I got to Sleep. When I got up in the Morning, I got my Breakfast, and then got myself Drest, that I might GET out in Time, to GET an Answer to my Memorial. As soon as I got it, I got into the Chaise, and got Home by three o'clock.

siring they may go not more than five miles in an hour.

If you start from home with post Horses, your own will be fresh to carry you on briskly to the termination of your Journey.

ACCOUNT OF A JOURNEY,

BY R. M.

A JOURNEY through Shropshire, Cheshire, Lancashire, and part of North Wales, (making a distance of 760 Miles,) in a Chariot with a pair of Horses, absent thirty-seven Days — thirty-two of which were occupied in travelling, so that the Horses only rested on Sundays.

There was only one day that the Horses were driven the distance of thirty-six Miles, which was the day after they left Town, from Salt Hill to Oxford; some days they were only driven twelve Miles; the general

average for the whole Journey was twenty-four Miles per Day.

The weather being warm in the month of August, the plan was to drive a Stage before Breakfast, a second Stage to an early Dinner, the last Stage so as to reach the end of the day's Journey as early as seven o'clock.

To have travelled the same distance (760 Miles) in a Post Chaise, would have cost (including Turnpikes and Post Boys) about £70. Our expenses for Carriage, Horses, and Coachman, were as under, viz.—

	£.	s.	d.
The Chariot, at 2 Guineas per Week ..	14	2	0
Horses at 6 Guineas per Week.....	33	6	0
Coachman, 6s. 6d. per Day.....	12	0	0
	<hr/>		
	59	8	0

The expenses of Two Persons (Man and Wife) for Eating and Sleeping, &c. while Travelling thirty-seven days, was £58. 12s.—and including the cost of the Horses and Carriage, &c. about £3. 3s. 6d. per day.

Average charge for *Tea*, for Two, from 3s. 6d. to 5s.

Breakfasts, the same.

Bed, 3s. to 4s.

From the above statement of £59. 8s. against the expense of Posting, considered about £70, there is a saving of about Ten Pounds in such a Journey, by hiring a Carriage and Horses for the time.

However, as this Journey could have been performed with Post Horses as easily in nine Days as it was in thirty-seven, and expedition been required, if we calculate the extra expense of Eating and Sleeping, while on the Road, for the other twenty-eight days, at only 30s. per Day, it would amount to £42. The expense, instead of being a saving of £10. travelling such a distance with your own Horses, makes your expenses amount to £32. more.

As respects the power of Horses to travel at the rate this Journey was taken, it should

be remarked, that the best possible care was taken of them; and the Horses, though young and unseasoned, were not considered to have suffered; yet the Post Master has declined to furnish Horses on a similar occasion on the same terms, thinking that the work was rather too heavy for them, and that more time ought to be allowed to travel the same distance.

EXPENSES
OF
TRAVELLING POST.

Do not permit the Postilion to flog his Horses towards any house he pleases; most of them have private motives to prefer some Inns to others—inquire of the Post Master or Innkeepers of the first reputation, for a List of the best houses of accommodation which are to be met with in the places through which you pass;—their veracity is at least more to be depended upon than that of the Drivers.

The customary Fee to the Post Boys, is about three-pence per Mile; i. e. they seldom

get less than three shillings, nor more than four shillings, at the end of the Stage.

As the Horses are changed every ten or twelve Miles, and the Carriage is so light, the increased Expedition from having *Four Horses*, is not half so great as may be imagined, unless you have to ascend very steep Hills. The Expense is double.

If your Luggage is light and the Road even and good,

“ Money will make the Mare to go ;”

and an additional Shilling to the Post Boy will carry you on as briskly as an additional pair of Horses.

It would be a great Improvement in Post Chaises, if there was a proper seat behind for the accommodation of a Servant, and ample room before for the stowage of Luggage.

A Tour taken with Post Horses in a

Chariot, in the months of June and July, 1822, through a considerable part of the North of England and part of Scotland.

In order to calculate *the customary expense of travelling Post in this Country*, it is not necessary to enter minutely into particulars, or to state more, than that in addition to the charge per Mile made by the Post Master; Three-pence per Mile given to the Post Boy, Sixpence on changing Horses to the Hostler for his attention to the Luggage, &c., and the Toll Bars on the Road, may be considered as constituting the whole expense of Travelling; and at the most trifling variation from this rate of expense I have travelled many hundred Miles.

At the time the charge for Posting was 1s. 6d. per Mile, my calculation, in order to include all expenses, was 2s. per Mile, or £10. for every hundred Miles, during a whole Journey; in other words, Six-

pence per Mile for extras beyond the Post Master's Charge, be that more or less, and this sometimes varies according to the Seasons.

The distance a Person may thus Travel in the course of the day, depends on the period of the Year, or the length of days, making a variation in the distance of from eighty to a hundred Miles per day.— I have started at Six in the Morning in the month of March, and reached Newark, a distance of 120 Miles from London, at Eight in the Evening; when on the same road, and on a wet day, I have found a distance of eighty Miles an equal fatigue, both to Man and Horse.

Further North, and it should be remembered, as you approach Scotland, the Cattle is not worse: I have left Carlisle at Six in the Morning, in the month of June, arrived at Bonnington Park, in the neigh-

bourhood of Lanark, had time to see all the beauties of that Place, including some of the Falls of the Clyde, and reached Lanark by nine o'clock in the Evening, making a distance of upwards of Ninety Miles, and this has all been accomplished without fatigue.

At the commencement of this Journey I discovered something like trick or contrivance practised amongst Post Masters on certain Public Roads.

A Post Boy, who had frequently driven me, happened to be the Person whose turn it was to drive me the first Stage. He had been told by his Master I was going the North Road. At Barnet I fixed on my own House to be driven to, at which he seemed surprised: I told him also I had determined to go the Low, not the High North Road. He expressed great concern at hearing the alteration I had made in my

route; and on my enquiring the reason, he candidly told me it would make a difference to him of Half a Guinea, for had I allowed him to take me to their own House, as he termed it, or that to which he was in the habit of driving, and I had continued on the High North Road, he should have received that sum from the Landlord, as a gratuity for taking him the Fare, a perquisite which would be repaid him by a charge made to the Post Masters generally on that Road.

This appeared to me a very extraordinary system, and well deserving the attention of Travellers, who are thrown entirely into the hands of the different Post Masters on the line of road on which the system exists, and on whom they must chiefly depend for all the comforts and convenience required on a Journey.

After spending about two Months on this part of my Summer's excursion, I proceeded

early in August to Paris, travelling from Calais with Horses and Carriage engaged to undertake the whole Journey from thence to Paris.

Returning from Paris with Post Horses, the system of posting in France being very different to that in England, I was of course furnished with an opportunity of witnessing the conduct pursued by the Postilions in France.

I am ready to grant, generally speaking, that there is much civility practised by a French Postilion, but I must at the same time maintain the right our own Post Boys have to expect from Travellers a similar mark of their approbation, and I only lament that I have an exception to produce to it.

From Dartford, being the last Town on my Journey, consisting altogether of upwards of Two Thousand Miles, and which I

had so far accomplished without even a complaint of any kind, the Post Boy could not resist an attempt at extortion. — It was nine o'clock in the Evening before I reached Town, and considering the late hour, I gave the Boy a Shilling over my usual payment of three-pence per mile. I was surprised to find him complain, and not in very civil terms. I was so simple as to add to the gratuity, when he immediately set up a further claim for the amount of the last Toll Bar on the road which he should have to pass through after twelve o'clock.

TRAVELLING
IN
STAGE COACHES.

“ Let’s sing of Stage’Coaches,
And fear no Reproaches.”

Old Ballad.

SECURE a Place a Day or two before you set off; in which case, if you are at the Inn at the Time appointed, and the Coachman is gone *before*, you may take a Post Chaise and go *after* him, and the Proprietors must pay the Expense of your Ride.

It is necessary to be at the place in due Time; for, as the saying is, “Time and Tide,” and it may be added, “Stage Coaches, stay for no Man.”—As Clocks vary, you will do

wisely to *be there full Five minutes before what you believe to be the true Time.*

If the Coach sets off very early, order the Watchman to call at your house half-an-hour before you wish to have your Breakfast :—if you wish to ride to the Inn the evening before, give the Waterman at the Coach Stand next your House a Shilling for his trouble, and desire him to provide you a Hackney Coach, which order to come half-an-hour before the time you wish to start, that in case of a Coach not coming, you may have time to walk there.

On your arrival at the Coach Office, give your Trunks, &c. in charge to the Coachman, and see them placed safely where they may not be rubbed, &c.—In long Journeys, the Horses are not only changed, but the Coach also, when the wary traveller will see his Luggage taken out of the one, and safely stowed in the other Coach.

Persons have their choice of Places in the order that they get into the Coach first, a Place so taken remaining with the Possessor the whole of the Journey.

People are generally anxious to secure *Front places*, either because they cannot, or fancy they cannot ride backwards; but if they travel at Night, the Wind and Rain, while sitting in front, will beat into their faces, the only remedy for which is to draw up the Glasses (a privilege vested by travelling etiquette in the occupiers of those places), and thus must they sit the remainder of the Night in an Atmosphere too impure for any Gentleman who has not previously served an apprenticeship in the exhausted receiver of an Air Pump.

Nothing occasions more severe Colds, &c. than the sudden exposure to the Cold Air immediately after coming out of one of these Vapour Baths.

Should a person, in Travelling for any considerable distance, and sitting backwards, meet with Companions who close the Windows, and pertinaciously persist in prohibiting any importation of *Oxygen*;—if all arguments on the necessity of Ventilation are unavailing, and your Lungs feel oppressed from the lack of Fresh Air—you may let your Stick or your Umbrella fall (accidentally) against one of the Windows; *i. e.* if you are of opinion that it is more advisable to give a Glazier 3s. to replace a pane of Glass, than it is to pay double that sum for Physic to remove a Pain in your Head, which you will otherwise get by breathing Foul Air.

If you travel in France by *the Diligence*, secure a place in the *Cabriolet*: it is by far the best place.

When persons travel in a Stage Coach, Time is often idly wasted; and just when the Passengers are set down to enjoy a com-

fortable repast, Notice is given that the Coach is going to start. To prevent this evil, previously enquire of the Guard or Coachman how Long the Coach is allowed to stop, and regulate matters accordingly.

A small Parcel, or Clothes Bag, put under the Feet, will help to defend them from the Cold; but to preserve the feet of Invalids and Elderly people comfortably Warm, sometimes requires not merely the means of preventing the escape of Caloric, but the application of a *Califacient*: these are made of Pewter, are very portable, and hot water for filling them is easily procurable at all the Stages.

“ If the Driver of a Stage Coach quit his Horses or the Box until a proper person can be procured to hold them, or permit any other person, without consent of the Proprietor, or against the consent of the Passengers, to Drive the same, he is subject to a

penalty of not less than 10s. nor more than £5."

" By stat. 50 Geo. III. c. 48. § 12. in case the driver or guard of any such Coach or other Carriage shall use abusive or insulting language to any passengers, or shall insist on or exact more than the sum to which he is legally entitled, then and in every such case the driver or guard (as the case may be) so offending, and being convicted thereof by his own confession, or the oath or oaths of one or more credible witness or witnesses, before any justice, &c. shall forfeit and pay a sum not less than 5s. nor more than 40s. for every such offence."

TRAVELLING
IN
FOREIGN COUNTRIES *,

Is not to be recommended, till the Mind is sufficiently mature to make use of the Opportunity, and is capable of appreciating the various objects which are to be the subject of consideration.

The ingenious Author of the “ *Dialogues on the Uses of Foreign Travels*,” observes : “ In what country can it be thought that the politeness of eminent men will condescend

* DUNCAN’S MODERN TRAVELLER, now publishing in Numbers, at 2s. 6d. each, is an elegant little Book, and an interesting Epitome of the Works of modern Authors on the subject.

to a free and intimate communication with Boys, of whatever promising hopes, or illustrious quality? Certain slight and formal civilities are the utmost that can be looked for; and are, indeed, all that a half-fledged, ill-prepared traveller can expect.

“ I esteem it Idleness, and indeed something worse, for a young Boy to waste his prime and most precious Years in sauntering round *Europe*; yet I know what ends of wisdom and of virtue may be answered by a capable Man’s survey of it.

“ But then I reckon that capacity at no vulgar rate. He must be of Worth and Consideration enough to be Welcome to the Wisest, nay, the Greatest company. His natural insight into men and things must be quick and penetrating. His Faculties must all be at their height; his Studies matured; and his reading and observation extensive. With these accomplishments, if a man of

rank and fortune can find leisure to employ a Year among the neighbouring nations, his voyage may turn out not only to his own benefit, but to that of his Country." p. 151.

In page 155, he further remarks, that, "To study HUMAN NATURE to purpose, a Traveller must enlarge his circuit beyond the bounds of *Europe*. He must go and catch her undressed, nay, quite naked, as in *North America*, and at the Cape of *Good Hope*. He may then examine how she appears cramped, contracted, and buttoned up close in the strait tunic of Law and Custom, as in China and Japan; or spread out, and enlarged above her common size, in the loose and flowing robe of enthusiasm, among the Arabs and Saracens; or, lastly, as she flutters in the old rags of worn-out policy and civil government, and almost ready to run back naked to the deserts, as on the *Mediterranean* coast of *Africa*.

“ These are the proper scenes for the Philosopher, for the citizen of the world, to expatiate in. The mere tour of Europe is a tame, unvaried prospect, which affords nothing but the same polished manners and artificial policies, scarcely diversified enough to attract or merit our attention.

“ It is from a wider and more extensive view of mankind, that a just estimate is to be made of the powers of human nature. Hence we collect what its genuine faculties are ; what ideas and principles, if any, are truly innate and essential to it ; and what changes and modifications it is susceptible of from law and custom.

“ Those who have not improvement so much in view, should at least see something out of their own Country, if it be only to enjoy themselves more in it hereafter. That strong and amiable instinct, the Love of our Country, which can be no other than

Partiality before the comparison, will probably be the result of Judgment after it ; and they, like the Prince in the delightful Abyssinian tale, will be glad to return again to the *Happy Valley* ; though, like him, till they have contrasted their own enjoyment with the wants of others, they may not know its real value."

Those who Travel to Foreign Countries, ought to be remarkably cautious in the choice of a Companion for a long Journey : if the person proposed have not exactly the same turn of mind, the same interest to pursue ; and if he be not a good-natured, active, and inquisitive Man, he will be an intolerable burden.

In every part of the World, there are some idle Countrymen of every Traveller ; the Society of such Gents he must carefully avoid.

To travel with propriety, one ought not only to speak the *Language*, but studiously

to adopt the *Manners, Habits, and Customs*, of the Country one is in.

Instead of finding fault with the Customs of a place, and telling the people that the English ones are a thousand times better, (as my countrymen are very apt to do), commend their Table, their Dress, their Houses, and their Manners, a little more, it may be, than You really think they deserve: this degree of Complaisance is neither criminal nor abject; it is but a small price to pay for the good-will and affection of the people you converse with. As the generality of people are weak enough to be pleased with these little things, those who refuse to please them so cheaply, are weaker than they.

Listen patiently, and without offering the least contradiction, to the Religious and Political opinions which are occasionally started in conversation, however different they may be from your own.

“ Such is the Patriot’s boast, where’er we roam,
His first, best Country, ever is at Home ;
And yet, perhaps, if countries we compare,
And estimate the blessings which they share,
Though patriots flatter, still shall Wisdom find
An equal portion dealt to all mankind ;
As different good, by Art or Nature given
To different nations, makes their blessings even.”

Goldsmith.

Protestants are too apt to ridicule Catholics, and *Catholics* to revile Protestants :—any ridicule of any Religion, or idle application of sentences taken from the Scriptures, is a mode of merriment—which a Good man dreads for its Profaneness, and a Witty man disdains for its Vulgarity.

Christians of all Sects may join Harmoniously in the UNIVERSAL PRAYER, of which the Author on the next page presents the Reader with the Music, for One, Two, or Three Voices.

That the intricate Old Canon of "*Non Nobis*" should still continue to exclude all other Graces, has excited my astonishment ever since I first heard it, some Thirty Years ago; when, thought I, can any thing be more barbarous than to sing in a Foreign Tongue, of which not *One in Ten* of those who Sing, and not *One in a Hundred* of those who hear, understand *One Word in Ten*?

"If I know not the meaning of the Voice, I shall be unto him that speaketh a Barbarian, and he that speaketh shall be a Barbarian unto me.

"If I Pray in an *unknown* Tongue, my Spirit prayeth, but my Understanding is unfruitful." — *St. Paul's First Epistle to the Corinthians*, xiv. 11, 14.

To complete this extreme absurdity, the composer has contributed his utmost to involve these *Latin* words in the most absolute obscurity, by setting them in the form of a *Fugue*, which, (however pretty it may sound

to the Ear of a subtle Contrapuntist), as each Singer pronounces a different Word, the Sense is thereby as confused as Sounds are in a Dutch Concert, where each man Sings a different Song :—however, this composition is considered such an indispensable part of the ceremonial of Public Dinners, that it has been calculated that the good people of Great Britain do not pay less than TEN THOUSAND POUNDS a Year for the performance of it.

Devotion is not excited by cramped Discords or difficulty of Execution. *Haydn* declared that the most sublime effect he ever heard produced by Music, was when he attended the Annual Meeting of our Charity Children in St. Paul's, when they all sang in *Unison*.

When I last read through "*The New Testament*," I was prompted, by the words in the 19th verse of chap. xiv. of St. Paul's First Epistle to the Corinthians, to compose

THE ENGLISH GRACE.

"I had rather speak Five words with my Understanding, that by my Voice I might teach others also, than Ten Thousand words in an Unknown Tongue."—Verse 19 of Chap. XIV. of St. Paul's First Epistle to the Corinthians.

The Music by WILLIAM KITCHINER, M.D., Editor of the "National Songs of England," and Author of the "Cook's Oracle."

musica

Praise God! Praise God! Praise God! from

Praise God! Praise God! from

Praise God! from

God! from.

for

Whom, All Blessings flow: Praise God!

Whom, All Blessings flow: Praise God!

Whom, All Blessings flow: Praise God!

Whom, All Blessings flow: Praise God!

Engraved on Wood by J. LEE, 7, Union Place, City Road.

The common people, in every Country, understand only their Native tongue ; and as a Traveller must necessarily make use of them as Landlords, Postilions, Tradesmen, &c., you may easily imagine, that a Traveller will be liable to numberless Insults and Impositions if he is Ignorant of their Language * ; on the contrary, his knowledge of it will immediately conciliate their Esteem, and create a Respect which may often be advantageous to him, especially if his deportment be familiar and good-natured ; for these people,

* When travelling in any Foreign Country, a small pocket Dictionary, with the English and the language of that Country together ; and Madame Genlis's Traveller's Pocket Companion, in Six Languages, published by Leigh in the Strand,—will be found extremely useful. Words which are most required by a traveller are often thought unworthy his notice or consideration when at home : hence frequently arise the imagined troubles, privations, and vexations, which he tells you he has had to undergo during his Journey.—R. C. M.

when they find a Traveller willing to divest himself of (what they may suppose) his dignity, and place himself on a level with them, partaking of their amusements, and imparting his superfluous conveniences to them, they will be ready to do every thing in their power to serve him — by a contrary conduct, his Life itself may be endangered.

Hold no Disputative discourse, either on Religion, Politics, or your own particular Affairs.

“ Give thy Thoughts no tongue,
Nor any unproportioned thought his act ;
Be thou familiar, but by no means vulgar :—
The friends thou hast, and their adoption tried,
Grapple them to thy Soul, with hooks of Steel ;
But do not dull thy palm with entertainment
Of each new-hatch'd but unfledg'd Comrade. Beware
Of entrance to a Quarrel ; but being in,
Bear it, that the opposed may beware of thee.
Give every man thine Ear, but few thy voice :
Take each man's censure, but reserve the Judgment.

Neither a borrower nor a lender be ;
For Loan oft loses both itself and friend,
And borrowing dulls the edge of husbandry :
This, above all,—to thine own self be true ;
And it must follow, as the night the day,
Thou can'st not then be false to any man."

Shakespeare.

Never ask another person the motive of his travelling, the time he intends to continue in a place, &c.

We remember reading lately a shrewd answer which a sensible Servant gave to one of these impertinent Busybodies, which raised a smile in us ;—and as we believe that the salutary convulsion of Laughter prolongs Life, just as much as Care Kills us—we will relate it as well as we can recollect, having unfortunately forgotten what work we saw it in.

A Servant travelling, was bothered by a super-curious person, who, after several in-

direct attempts to discover whence he came, or whither he was going, at last popt the question plainly, “Are your Family *before*?” —“No” —“Oh! you left them *behind*, I suppose?” —“No” —“No?” —“No, they are on *One side*!!!”

If you observe people to be outrageously curious about your concerns, answer them with Circumspection, but endeavour to do it with such Civility, as may make them give up their Curiosity without offending them.

“Never admit a Stranger to join you on the Road, if you can possibly avoid it. If any person, no matter whether of shabby or genteel appearance, forces himself into your Company—if you can, outride him, otherwise keep pace with the next Passenger that may overtake you.

“When you go out of an Inn, ride slow

for half a Mile, and then you will perceive if any one passes you; and if he eyes you too much, be assured he's not right: then either go back or stay for less suspected Company; but it is your Business to be cautious of them too. Ride at some little Distance, if a single Man forces himself into your Company, notwithstanding the above-mentioned Cautions, tell him you heard of a Hue and Cry after a Highwayman in the last Town you came through, observe his Countenance, and if he expresses no concern there, you may be assured he's honest, or at least no Highwayman, for they are not the only Rogues that travel the Roads. But if they are Highwaymen, their Guilt cannot be hid; *for the Thief does fear each Bush an Officer.*" — *Warning to Travellers*, by a Converted Thief, 8vo. p. 64.

The following Anecdote shews the Danger of gossiping with Strangers, however prepossessing the circumstances which may introduce them:—Mr. Sandy M'Siller, a Caledonian Dealer, arriving at an Inn on the Borders, on his way to London, desired the Landlord to give him some Supper and a Bed: the Landlord answered, he should have a Bed, but that Major Sharp and another Gentleman from London had bespoke all the Supper he could muster, and all he could do, was, to beg the favour of them to allow him to eat a little bit with them: to this they instantly consented, and received Mr. M'Siller with all the politeness imaginable, and invited him to pledge them in

“ A Health to all those that we Love.”

“ Aw! weel, Sir,

“ And a Health to all those that Love us,”

replied M'Siller.

“ Who won’t fill a Bumper to that ?” said *Major Sharp*, and put the Punch round with very hearty Hospitality, chanting the first lines of that beautiful composition of Milton and Arne’s,

“ Now Phœbus sinketh in the West,
Welcome Song, and Welcome Jest.”

“ Come Push round the Bowl,
He’s wise who enjoys,”

replied the Major’s Friend.

“ Fill me a Bowl, a mighty Bowl,”

rejoined the Major — which encouraged *M’Siller* to give them the first lines of a Caledonian Cann Song :

“ A cogie of Ale, and a picklè ait meal,
And a dainty wee drappy of Whisky,
Was our forefathers’ dose to swiel down their Brose,
And mak’ them blythe, cheery, an’ frisky.”

“ Come, *Mr. M’Siller*, let’s have your Toast.”

“ Here’s a Health to all Gude Lasses,”
said Sandy.

“ Fill every Glass,”
said the *Major*.

“ There’s nought but Care on every han’,
In every hour that passes O :
What signifies the Life o’ Man,
An’ ’twere not for the Lasses O ?”

“ Come, Waiter, come, bring some *Welcome Glasses* : — none of your Acorn glasses for us, bring us some manly, Old English half-pint Bumpers — and let us have a Magnum of *Warm-heart* *.— Now then, *Mr. M’Siller*,

* The original Receipt for preparing this Delicious Drink, is now first printed, by special permission of
“ The Committee of Taste.”

DIRECTIONS

FOR MAKING

DR. KITCHINER’S WARM-HEART.

Cut with a very sharp knife the yellow peel (without

N

drink a Bumper of this, my Boy; and then, if you please, let us have your Song."

any of the white) of nine middling-sized Lemons; put the peels into a Jar that will hold a Gallon, pour on them a pint of the strongest rectified Spirit of Wine, and shake them about; this will mix with their Essential Oil, and render it easy to be extracted. After remaining twelve hours, add Three bottles of Rum; let them steep twelve hours longer, and then strain off.

Now squeeze the Lemons, which should give about three quarters of a pint of Juice—pour a Quart of Boiling water upon the pulps, &c. of the squeezed Lemons; after five minutes strain it into an earthenware Barrel, with a spigot and faucet, and which holds four gallons, (these are sold in Covent Garden Market,) then add the Lemon Juice, the Rum, Three bottles of Brandy, Two of Madeira, (or Sherry or Lisbon,) and one Quart of thick Syrup, which is to be made in the following manner:—

Break into bits four Pounds of good Lump Sugar, put it into a clean stewpan that is well tinned, with a Quart of cold spring water; when the Sugar is dissolved, set it over a moderate fire: beat the white of an Egg, and put a quarter of it to the Sugar before it gets

Mr. M'S. “Gentlemen, I assure you, that I feel very proud, that you are pleased to

warm, stir it well together, watch it, when it boils take off the scum; keep it boiling till no Scum rises and its surface is perfectly clear, then run it through a clean napkin—pour it into the Barrel, and stir till thoroughly mixed; add Four Quarts of Boiling Milk, stir all again thoroughly together, and bung it down tight till it is cold—then strain through a flannel Jelly bag till it is quite clear.

These ingredients should yield about fifteen common-sized Wine bottles:—

	<i>s.</i>	<i>d.</i>
9 Lemons	1	6
4 Quarts Milk	1	4
Pint of Spirit	3	6
Quart Syrup	4	0
3 Bottles Brandy	18	0
3 Ditto Rum	9	0
2 Ditto Wine	9	0

15) 46 4

3 1 per bottle.

It costs little more than Three Shillings a bottle—is

consider me capable of contributing to the Harmony of this very pleasant Evening ; and

made in Two days, is ready for the Mouth as soon as it is made, and will keep good for several Months : but Liquors impregnated with Lemon Peel do not improve with age — as the fine Zest given by the Lemon Peel flies off, their flavour fades.

It is a very nice thing for Evening Parties : — and a Wine-glass of it in a Tumbler of Water, is an extremely agreeable and refreshing Beverage in Warm Weather.

This is indeed an Incomparable Cordial — *the Committee of Taste* were puzzled how to give it a Name expressive of its excellence — the following Titles were proposed for it at the last Meeting : —

“ Good Humour ; ”

“ Ladies’ Delight ; ”

“ Sans Pareil ; ”

“ Taste me and You’ll like me ; ”

“ Friendship’s Offering ; ”

“ Kill Care ; ”

“ Liqueur Superb ; ”

“ Restoratif ; ”

“ Lick me up ; ”

“ Superlatif ; ”

with your leave I'll try to chant a Plain English Ballad, which has at least Novelty to recommend it, for it's a New Song, and a New Tune too!—I never heard any body sing it but mysel!!”

Capt. “I am sure we shall be delighted if you will, Mr. M'Siller. A PLAIN BALLAD is the delight of my Ear, but I consider it the *chef-d'œuvre* of Singing; from its simplicity, it is apparently easy enough:—however, to warble a Ballad with graceful expression, as we hear it from Braham, or Sinclair, requires quite as much judgment, and as attentive consideration of every Note and every Syllable*, as it does to

“Eau Douce;”

“Warm Heart.”

The President gave his casting Vote in favour of the last, which Title it well merits.

* See Observations on Vocal Music and Singing, and Rules for the Accent and Emphasis of Poetry, which

execute the most intricate *Bravura*. The former is an appeal to the Heart—the latter merely plays about the Ear, and seldom excites any sensation beyond.

“ I like the plain Song without vain repetitions,
Soft Cadences, Graces, or running divisions;
I love ‘Auld Lang Syne’ and sweet ‘Gra Machree
Molly:’
So strike up the Jorum to chase Melancholy.”

Major S. “ My dear Captain, People are prone to Admire most what they Understand least. It is one of the most unreasonable affectations that honest Mr. JOHN BULL’S

will ensure the Proper Pronunciation and Effective Expression of the Words.

“ The finest Compositions frequently fail of producing half the impression they are capable of making on the Mind, from being sung with an injudicious Emphasis, or a false Accent.”—*Author’s Observations.*

Printed for Hurst, Robinson, and Co., No. 5, Waterloo Place, Pall Mall. In 12mo. price 4s. boards.

Arbiters of Fashion have ever insisted upon that worthy person's submitting to. However, arbitrary Fashion, from whose imperative Decree there is no Appeal, has pronounced it to be extremely GENTEEL *to sing Italian Songs*, and to be seen at the Italian Opera!—but,

“ To be sure,
I'm not a Connoisseur,
Arrah! will you now be aesy?
I don't the Uproar know at all,
And then I have not heard them squall,
From Mingotti to Marchesi,
Who pretty well have suck'd the pence,
And sold the English Sound for Sense,
The soft John Bull to take by the Ears,
To whom, this Babel proves the music of the spheres.
Astonish'd, John cries, Bravo! Encore!
And swears all English Music's a vile bore.”

Capt. “ The furious Admiration with which would-be-thought polite people pretend to listen to Foreign music, is a piece of

silly affectation — yet vanity seems to prevail even over the very sense of Pleasure, and *the Italian Opera* is more frequented by people of fashion, than any other public diversion, who, to avoid the imputation of want of Taste, submit to some hours of painful attendance on it every week : but the most outrageous “ *Fanatico per la Musica* ” will not venture to impeach his Understanding by pretending that his Ears have ever been half so filled with Pleasure by any *Oltramontani* Queens of Quavers, as they have by our mellifluous native Warblers, Mrs. Crouch, Mrs. Jordan, Mrs. Billington, Mrs. Bland, Misses Stephens, Carew, Povey, &c. &c., or our matchless Champion of Song, Mr. BRAHAM.

“ Italian music’s sweet because ’tis dear ;
Their Vanity is tickled, not their Ear ;
Their tastes would lessen, if the prices fell,
And *Shakespeare’s* wretched stuff do quite as well.”

Young.

“ Of the late importation of the unaccountable assemblage of unconcated *Discords* and *Hobgoblin* Dramas from Germany, while we have such universally esteemed Musicians as THE FATHER OF ENGLISH HARMONY, our ORPHEUS ANGELICUS, WM. SHIELD, *T. Cook, J. Braham, &c.*—to use the gentlest terms, I must say, I wish to see it, as unpopular as it is unpatriotic. Let it not be again said, that our *Excellent English Musicians*, who are ornaments to our country, are less patronised, and that double and treble price is paid to *Foreign Artists of Inferior Talents*: in future, let

“ The Drama’s Laws, the Drama’s Patrons give :
The Public Voice must bid the reign commence
Of rescued Virtue and reviving Sense ;
Hence frantic Discords, hence the pomp of Show ;
Hail useful Mirth and salutary Woe ;
Bid Scenic Virtue form the rising Age,
And Truth diffuse her radiance from the Stage.”

“ The power so properly delegated to, and so properly exercised by Mr. Colman, the present *Licensor*, to suppress every thing which he thinks derogatory to the religious, the moral, and the political welfare of the state, is a restriction which, so far from being injurious to *liberty*, is indispensably necessary to support its cause, and prevent its degenerating into *libertinism*.”

Major S. “ Well, my old friend, we are quite in unison on this point ; so

“ Come be Jolly, fill your Glasses,
Madness 'tis for us to think
How the World is ruled by Asses
That o'ersway the Wise, with — Chink.”

“ Let's have another Bumper, and then I vote that Mr. M'Siller be requested to perform his promise of giving us the *New Ballad*.”

Mr. M'S. “ I shall be vary proud to do that.” (Sings “ Fill the Goblet again.”)

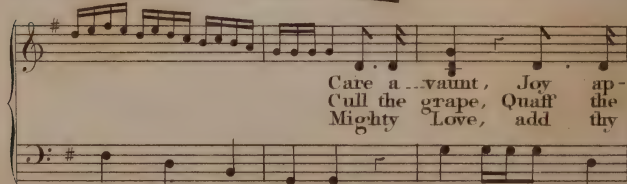
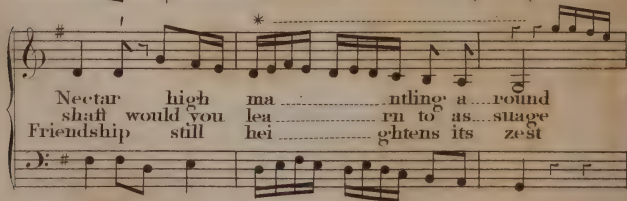
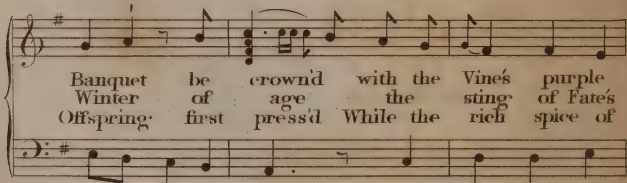
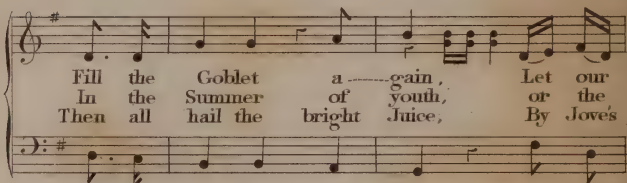
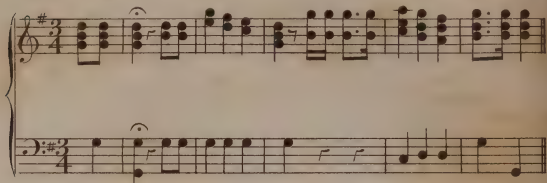
FILL THE GOBLET AGAIN!

The Words by Joseph Dunn Esq^r

THE MUSIC BY W^m KITCHNER, M.D.

(Author of the Cock's Oracle, &c.)

Engraved on copper by Sidd Hall, Bury Str^t Bloomsb^y



* These Notes may be sung an Octave above.

proach thy bland Em...pire main...tain, And this
Balm its ripe clus...ters con...tain, And lest
Wreath to our Mirth wo...ven chain, And to

Mandate pro-nounce, Fill the Gob...let a...gain, a.
Pain should re-turn,
Wine, Friend and Fair,

ga...in, Fill,

Fill Fill the Gob...let a...gain

Fill Fill Fill the Gob...let a...gain



GATHER YOUR ROSE BUDS WHILE YOU MAY.
A Song for Three Voices.
COMPOSED BY WM KITCHENER, M.D.,
Author of the Cook's Oracle & Editor of the National Songs of England.

The musical score is written for three voices on a grand staff with five systems. Each system consists of a treble and bass clef joined by a brace. The key signature is one sharp (F#) and the time signature is common time (C). The lyrics are written below the notes. There are three triplet markings (indicated by a '3' over a bracket) in the first system, and one triplet marking in the fourth system. The lyrics are: 'Ga-ther your Rose-buds ga-ther your Rose-buds gather your Rosebuds while you may, Old Time is e-ver flying, Old Time is e-ver flying, Old Time is e-ver flying And that same Flower, which blooms to day, To-'. The score ends with a final cadence in the fifth system.

Ga-ther your Rose-buds ga-ther your
Rose-buds gather your Rosebuds while you
may, Old Time is e-ver flying, Old Time is
e-ver flying, Old Time is e-ver flying And
that same Flower, which blooms to day, To-

morrow may be dy-ing

And that same Flower which

lr To-morrow To-morrow To-

blooms to day, To-morrow

morrow may be dy-ing, Gather your Rose-buds

gather your Rosebuds, gather your Rosebuds while you

very slow

may, Ga-ther your Rosebuds while you may.

“ Very good Song, very well Sung,
Jolly Companions every One,”

Chorused the Major and the Captain :
“ Ay,” said the Major,

“ The Cross Roads of Life, which all mortals pursue,
Merry Travellers only with comfort pass through,”

is my Maxim, Mr. M’Siller.”

“ Though the Journey through Life’s on a rough road,
’tis wide,
So let each man in quiet his Hobby Horse ride ;
Our own course regarding, not censuring a Brother,
Or seeking to jostle or cross one another.”

“ From the Specimen of your Singing
just now, Mr. M’Siller, I think you could
bear a bob in my favourite Glee of

“ Gather your Rosebuds while you may.”

At length, what with Drinking and Singing, Sandy became quite Whiskified, and sang out lustily,

“ Landlady, count the lawin,
The Day is near the Dawn;
Ye’re a’ blind drunk, boys,
And I’m but jolly fou.”

“ Well said, my Jolly Fellow,” said the Major.

“ Come let us Drink about, and drive away Sorrow,
For perhaps we may not meet again To-morrow.”

By this time, *M’Siller* was in the finest condition possible for proving that

“ When the Wine’s In,
The Wit’s Out;”

and was so excessively delighted with his hilarious Companions, that he unguardedly answered all questions, and told them he had £100 in his Pocket, with which he was to make purchases in London, and that by his

usual way of disposing thereof, he generally made a Profit of nearly *Cent per Cent.* He informed them of what Road he was to take, and when he was to set out.

The Gentlemen, who were on Horseback, set out beforehand, previously paying the Bill, and not permitting any part of the Expense to fall on him. On Sandy's arriving at a solitary part of the Road, his fellow-travellers rode hastily up, and told him that they were exceedingly sorry to see him on Foot in such a perilous place, for that they had just before been alarmed with a report from a gentle Traveller, that he had been robbed of his all by two desperate Highwaymen, whom they described as looking as furiously as if they loved Murder as well as Money; and therefore advised him by all means to give his Baubees to them to take care of, till they met at the next Town. The Scot did not much like to part with his Pe-

cuniary; but his Tavern friends so terribly alarmed him, and so earnestly insisted upon the propriety of their taking possession of it, that they compelled him to comply. The moment they touched the Cash, his generous Treaters and Protectors set off as fast as Four pair of Legs and Two pair of Spurs, *i. e.* as fast as the desire of Gain could carry Avarice when flogged by Fear.

As soon as Sandy recovered from his surprise, he returned to the Inn, and cunningly concealing his anguish, accidentally learnt the real names and address of each of "the guid Gentlemen who had treated him so uncommonly generously!" He discovered that his fashionable-dressed and liberal *Benefactors* were no more Majors or Captains than he was, but two dashing London Tradesmen, no other than Messrs. *Feignwell* and *Fleeceall*, of Blowbladder Street! Accordingly, he put his best foot foremost; and on arriving in

town, went to the shop of Mr. *Feignwell*, and after thanking him for his trouble, in taking care of his £100, begged to have it restored, as he wanted to make his Purchases.—Mr. F. pretended to know nothing about either M'Siller or his Money. The smooth-tongued Scot very politely told him, that any time in the course of the day would do “vary weel,” and that perhaps Mr. *Feignwell* would be so guid as to send it to his Ludgings, which were just hard by, at the house of his cousin, *Maister Takeum*, the Police Officer! On hearing this, the Memory of the Southern lad was on a sudden marvellously refreshed: he soon produced the Mopusses—grinned as gracefully as he could—and assured Sandy that, “really, he had only been Joking, and that he was but too happy to see him.”

“Aw, Sir, I ken'd that vary weel,” replied M'Siller, (low bowing), “you're such a

pleasant Gentleman—the fac is, I have just as much respec for you as if you had had the guid luck to ha’ been born on our side o’ the Tweed.”—Our subtle Scot bowed and bowed, and then set off, quite as fast as Adam’s ten-toed machine could take him, to his other guid friend, Major Sharp, alias Mr. *Fleeceall*, to whom he told the same tale, and got another £100: so shrewd man Sandy was not at all disappointed in his Speculations, but, with very little trouble, soon cleared, not almost, but quite *Cent per Cent*; and thus Sandy very fairly punished the Perfidy of his pretended Friends.

The following paragraphs are from GALLIGNANI’S Traveller’s Guide through France, 16mo. 1825, p. 32.

BLANK’S Paris, sold by Leigh, No. 18, Strand, is also well worthy the purchase of those who go to France.

“ DIRECTIONS PREVIOUS TO DEPARTURE.

“ *Passport*.—Before the traveller sets out, it is indispensable for him to procure a passport, which is to be obtained (gratis) by applying at the house of the French Ambassador, No. 50, Portland Place, between the hours of twelve and four. It is advisable, a day or two before departure, to leave the name, and mention the Road intended to be taken. If he calls at the Office on the following day, between one and three, he will obtain the passport, signed by the Ambassador. It is perfectly unnecessary to apply at the Foreign Office, as was formerly the case : the passport of the French Ambassador will be quite sufficient. Should the traveller wish to go through Belgium or Holland before he goes to France, he may procure a passport, by addressing a Letter to the Ambassador of the Netherlands, No. 14,

Buckingham Street, Strand, signed by two respectable Housekeepers to whom he may be known : the passport will then be granted on the following day, free of expense :—the Office is open from eleven to three o'clock.

“ *Cash Arrangements.*—Before he leaves England, the traveller should provide himself with sufficient French money to defray his expenses from the port he lands at to the metropolis of France. He may get Bank of England Notes or Guineas changed into French money on landing in France, though this may sometimes be attended with trouble and loss. French Gold and Silver coin may be purchased of Mr. Solomon, New Street, Covent Garden ; Mr. Smart, 55, Prince’s Street, Leicester Square ; or Mr. Thomas, 102, Cornhill. English Money may be safely exchanged in Paris, at the Shops of the Money-changers, in the Palais Royal. If the tourist should have more English Money

than he requires when he reaches Dover, he will meet with persons at the Inns who will accommodate him with French coin at a reduction of threepence in the pound. The best plan, however, is to get a letter of credit from a Banker in London on one in Paris. This may be sent, previous to departure, to the Paris Banker, and he may be desired to send credit for the sum wanted on a Banker in Calais, or wherever the traveller proposes to land, by a letter addressed to him *post restante*. On his arrival, he finds the Letter at the Post Office, and gets of the Banker of the place the sum he may require for his journey to Paris, where the balance of his letter of credit will be paid by the Paris banker. Some persons, however, prefer the circular exchange notes of Herries and Co. or Morland and Co. London, which combine security and convenience. We have stated the best and safest way of obtaining money

from England ; we shall now indicate the worst and most insecure, which is, having Bank notes enclosed in Letters. The numerous robberies lately committed upon envelopes are almost incredible, and call loudly for strict inquiry and severe punishment.

“ ARRIVAL IN FRANCE.

“ On arriving at the opposite coast, it is usual to give a small gratuity to the steward and sailors of the packet. The moment the vessel reaches the shore, Police Officers generally step on board to demand the passengers' passports, which are immediately sent to the Police Office, and afterwards to Paris. On paying two francs, a temporary passport is given, which serves the tourist till he reaches the Capital. In travelling, the passports will sometimes be demanded at the gates of the chief fortified towns, and examined by the officer on duty. Persons arriving in a town

where there is an Ambassador of their nation, may, as a matter of etiquette, leave their cards. The luggage is taken to the custom-house to be examined, and soon returned. The Traveller may avoid trouble, by leaving his luggage with the Commissioners of the Inn he may put up at.

“ *Duty on Carriages, Horses, &c.*—When a carriage is landed in France, the owner pays one third of whatever value he may put upon it, and receives a certificate for the same; but care must be taken not to rate it too much under the real value. If the Carriage leaves France within two years, two-thirds or three-fourths of the money deposited will be returned on producing his certificate. If the Traveller does not return the same way, the money may be obtained upon shewing the receipt at the Custom-house of any other part of the French frontier.

“ A Gig, or any other two-wheeled Carriage, pays the same duties.

“ On leaving England, the duty on a Horse is two guineas, besides 10s. in the £100, according to its value. On arriving in France, the duty is 15 francs for a Horse, and 10 for a Pony.

“ *Travelling in France.*—The first place to which an English Traveller directs his course is Paris; and whether he has, or has not, before visited the Capital, he will proceed thither as the central point, from whence he may make excursions into the other parts of France. Having arrived at Paris, the usual tour, and that which promises the highest degree of gratification, is towards the south, returning by the western departments to the Capital, and embracing every object of importance in this fine country. The journey may be performed in about *three* months, for an expense of about £100. This calculation

supposes that the tourist travels by the Diligence, dines at the *table d'hôte*, and regulates his expenses on an economical scale. The best months are August, September, and October.

“ Those who do not travel with a servant will be generally charged, at the inns, one franc for breakfast with coffee; three francs for dinner, including half a bottle of table wine; and a franc and a half or two francs for a bed. On the road from Calais and Dieppe to Paris the charges are higher; a breakfast being always two francs, and a bed the same. This is also the case near the metropolis. Supper is charged the same as dinner.”

Travellers should never permit *Custom-House Officers* to examine Two Trunks at the same time—while the owner's Eyes and Attention are fixed on one, the other may be pillaged.

A Traveller should also strictly forbid his Servant carrying *Contraband** Goods; because, in case of detection, the Master would

* “ With regard to the inconvenience arising from taking *Contraband Luggage*, I unfortunately, in the hurry of packing for the Continent, put, among others, three Cotton Night Caps into my Portmanteau, which had neither been worn nor washed. During their examination at Dieppe, I must confess, I was questioned whether they were intended for my individual use; but on my merely answering in the affirmative, they were replaced in my trunk. On entering the King of Sardinia’s Dominions, however, at a place called Beauvoisin, and where, comparatively speaking, there is very little intercourse and traffic, they were instantly pounced upon as prohibited articles; and it was with the greatest difficulty and trouble, after much delay and loss of time, that my companions could induce the *Douaniers*, or Custom House Officers, to believe that they were articles requisite for a Traveller, and that the heinous crime of Smuggling was Foreign to our thoughts. After many entreaties and expostulations, they were returned to me. It is perhaps needless to add, that I took the first oppor-

very probably lose his luggage, and most certainly suffer a very unpleasant detention.

Acquire accurate information as to what articles are forbidden in different Countries: in some, the whole of the Luggage is confiscated, if a single article of prohibited goods is found among it, and the owners are either Imprisoned, or mulcted in a heavy Fine: therefore, never consent to be the carrier of either *Sealed Parcels or Letters* * which can contain Contraband goods.

“ We would caution persons going over to

tunity to free them from further liability of doubt or suspicion by having them thoroughly soaked, in order that they might, at least with greater certainty, escape the condemnations of these scrutinising Gentlemen.” —

R. C. M.

* “ Never take into the French territory either packets or simple letters *sealed*, as you are liable to be sent to prison, and to pay a fine of 500 Livres for each Letter.” — *Galignani's Guide through France*, 16mo. 1825, p. li.

the Continent, against *carrying Letters*, as a very heavy fine attaches itself to persons having Letters found in their possession. A strict search is made on the arrival of the packets in the French Ports. One of our Steam-packets was detained this week from the above cause, and the proprietors subjected to a fine of 150 francs ere the vessel was liberated." — *Brighton Herald*, August 19, 1826.

The trouble of having a Trunk searched, can, in some countries, be obviated, by having it sealed by the Custom-house officers : therefore, a Traveller who dislikes those visits should enquire if this practice is allowed.

It is very imprudent and useless for a Traveller to carry much Cash about with him : LETTERS OF CREDIT on substantial houses, are, in many respects, preferable to *Bills of Exchange* : the latter may be either too small or too large, and may expose the Traveller to

a tedious Law process, and the disagreeable necessity of delaying his Journey : moreover, a Letter of Credit is considered as a claim to the advice and friendly attentions of the Merchant or Banker to whom it is addressed ; and to ensure to the party to whom the letter is addressed, that you are the “ real Simon Pure,” request the Writer to describe your person very particularly, and to seal his letter with some remarkable Seal which is well known to his Correspondent.

It is advisable to have more than one Letter of Credit, in order to prevent the disappointments and inconveniences which must necessarily arise from a want of Money, if payment is refused.

Immediately after your arrival in a Foreign Capital, wait on the Ambassador or Envoy from your own Country : introductory Letters, or to be personally acquainted with the Ambassador, may be of much service in your

intercourse with the Natives : should you have no Letter of Introduction, in case of an accident you cannot claim the protection of the Ambassador, if you have not previously made yourself known to him.

Besides *Letters of Recommendation* to Ambassadors, Travellers should be furnished with Letters to Bankers, to Merchants, to the Clergy; also to Doctors, Lawyers, and Booksellers: these are often as valuable as Letters to the first Noblemen; because such persons are able to give you a great deal of very interesting information. Also get Letters to the most respectable Tradesmen : — a Stranger cannot have too many Friends.

They should have *Letters of Introduction*, not only from their own Country, but from one City to another as they travel on; for if any accident happen, they will find such Introductions of infinite Value.

The Editor is indebted for the following pages, which are marked by inverted commas, to a Gentleman whose repeated Journeys over the Alps gave him extraordinary opportunities of learning what a Pedestrian wants who walks thither.

“ If it be intended to make a Pedestrian journey on the Continent, particularly in the Alpine districts, propose a certain Route, and obtain from those who have travelled there such information as may be useful or necessary: if your time be limited, contemplate only as much as may be accomplished within that period. Decide upon your route before starting, and let nothing short of absolute necessity induce you to depart from your plan. Procure a passport from the French Ambassador in London; and on your way through Paris, procure the signature of the Minister and Consuls of such countries as you determine to visit;—these, for Alpine

excursions, are usually the Sardinian, Austrian, and Swiss Ambassadors.

“ If you travel by the Diligence, and your Journey by that conveyance should occupy three or four days, take the Imperial or Banquette—’tis at once the cheapest and least fatiguing. Walk whenever opportunity occurs: in a week it will induce a habit of walking, and enable you to bear without fatigue the Pedestrian excursions to which you may be exposed in the Mountains.

“ Take the smallest quantity of Luggage possible—a small leathern Portmanteau, which may readily be examined when required, and conveniently fastened on the back of your Mule or the shoulders of your Guide—a Camblet Cloak with a large Cape lined with oiled Silk, a Fur Cap, with a large shade and oil-silk cover—an Umbrella and a Haversack, made of strong ticken: this, at the commencement of the Journey, is carried

in the Trunk, afterwards worn over the shoulders: it is made to contain Sketch Book, Pencils, and such other things as may be required at hand. The following Clothes will be found sufficient:—Three Shirts, one Night Shirt, four Pair of *Angola* Stockings, two Pair of loose Trowsers, two Waistcoats, and a Flannel Waistcoat and drawers: these are useful in case of severe colds, and necessary in traversing high regions; a pair of Boots closely fitting round the instep, and free at the toes. The Materials for the Toilette:—Two Razors and Strap, with some of *Acton's* (of Shoe Lane) *Strap Powder*; a Comb; Knife with a six-inch measure; a pair of Scissors; a Shaving-brush, in an ivory case which has two small screw-boxes at the ends, to contain conveniently Pills or other little things; a Tooth Brush; a Cake of Soap; a few Needles and strong Thread;

some Buttons and Hooks-and-Eyes; some Court and *adhesive* Plaster: these may be contained in a small roll of Russia Leather, which may be had at Exeter Change. A Pocket Bottle cased in Leather to contain Brandy or Kerschenwasser is essential to the Alpine Traveller; a folding Leather Cup, which may be carried in the Waistcoat Pocket, can be had in Paris, and will be found highly useful; a brace of Pocket Pistols with detonating locks are all the Arms requisite, and a Door bolt which may be readily attached to any door will enable the Traveller to Sleep in security; but suspicion should rarely be expressed, whatever caution may seem necessary: appear to give the people with whom you travel, or those at whose houses you may rest, your confidence. If your Hosts are civil, and disposed to serve you, though their means may be in-

adequate, be thankful and shew that you are sensible of their effort to oblige:—good temper and cheerfulness are the best passports to a pleasant Journey.

“ Your Guides in the Mountains recommend your drinking only the coldest water; always qualify this with Brandy—and after a Journey which has heated and fatigued you, never throw *your Cloak or Coat* off too hastily—cool gradually—it may save a Week’s Illness, and therefore much time in the end;—sometimes gingerbread may be procured; take two or three days’ stock when an opportunity occurs;—do not leave the chance of procuring what may be had in one place, for the chance of obtaining it in another—buy what you want and can get in London—what you cannot obtain there, search for in Paris; and what you fail to procure there, ask for in Geneva—but if

you learn from good authority that you can procure a certain article in Geneva, do not encumber yourself with it from London. At Geneva I bought a convenient Pocket Compass with a Meridian and Dial, for a Franc.

“ A Watch with seconds to assist in measuring heights, &c. is useful. The rule for determining the height or depth of a place by a falling body and a stop watch, is simple, and easily recollected.

“ In one Second, a body falls sixteen feet; in two Seconds four times sixteen, or the square of the time multiplied by sixteen; in three Seconds nine times sixteen, &c.

“ Thus, a stone dropped from a tower, whose time of descent is five seconds, will be 400 feet high, because the square of five is twenty-five, which multiplied by sixteen is 400.

“ If you propose staying at Paris or Geneva, take such Clothes as you may require in society ; but it will be well not to encumber yourself even with an extra Coat. If you intend taking Geneva or Berne, &c. on your return, the list already given is sufficient for a Journey of six weeks in the Mountains.

“ Take no more English Money than will carry you to Paris. Take Herries’ Bills of Exchange, as the safest and most advantageous means of bearing about your Credit, and take for them Napoleons, which are every where known and current.”

We shall close this Chapter with an extract from our old friend “ R. TWISS’S HINTS TO TRAVELLERS ”—who had more experience on this subject than most men, and has communicated it with his usual

good-humoured Candour:—R. T. was gifted with the rare and happy faculty of saying any Thing, to any Body, in such a droll manner, that it was impossible to be offended with him, however opposite the opinions which he chose to utter, might be to those entertained by the party with whom he conversed.

R. T. was an excellent Musician, and could not bear to hear any but good Music, and that well performed. As an instance of his Candour and his Humour, we state, that when a Lady asked him if her Children should play something on the Piano to him—he replied with one of those comical smiles of his, and in a certain purring tone, and with that peculiar naïveté which cannot be described, and cannot very easily be imagined:—

“ Exceedingly obliged by your polite

offer — Exceedingly — but, if it is exactly the same thing to you, Madam, (shaking his head like a Chinese Mandarin, and making as profound a Bow as Sir Archy Macsarcasm himself could have done,) I had much rather Not!”

Our facetious friend never played at Cards, which he protested against as a Childish adventure.

We were visiting together one Evening, when the Master of the House invited R. T. to play at Whist—who immediately gave him one of his significant stares, and said, “No — No — pray, Sir, what have you seen me do since I came into this room so exceedingly silly, that you ask me to play at *Cards*”!!!

Our Friend Richard, after having informed us that he visited the greatest part of England, Scotland, Ireland, Holland, Flan-

ders, France, Switzerland, Germany, Bohemia, Italy, Portugal, and Spain, and, including sixteen Sea Voyages, had journeyed about twenty-seven thousand Miles, which is two thousand more than the circumference of the Earth; thus sums up the *Pro's* and *Con's* respecting Travelling:—

“ For to whatever place discontented folks roam,
At last they’ll be forced to say this of their Home—
Our Friends are as true, and our Wives are as comely,
And our Home is still Home, be it ever so Homely.”

C. Dibdin.

“ After having attentively considered the advantages which may be acquired by Travelling, let us, on the other hand, reflect, that the more knowledge a man possesses, the less satisfaction he will find in his intercourse with the generality of Mankind, the majority being composed of Ignorant or

Vicious people; and that his Taste will be so refined by having contemplated the various beauties of Nature and Art, that most of those which will occur to him, during the course of a settled life, will appear trivial and insipid, and he will have little relish for the greater part of those things which are generally termed Pleasures.

“ To conclude: if we suppose the judicious traveller to be an Englishman; when, after having visited Europe, he reflects on the different climates, productions, and governments, peculiar to the various nations; that some are parched by droughts which continue half the Year; that others appear as if situated under a dropping Sponge: others buried in Snow; subject to Earthquakes; exposed to the ravages of Volcanoes, or to irresistible Inundations; and others overrun by wild Beasts and ve-

nomous Animals; he will then be sensible, that in England he may spend a greater number of days in the open air, than in any other country. And when he considers the arbitrary and tyrannic governments, the slavery and poverty of the lower class of people, the pride and ignorance of the opulent, and the superstition and bigotry of both, and compares them with the advantages which so eminently distinguish his own Country, where the Climate is temperate, the Earth fruitful, the Government mild, the Inhabitants (of both sexes) intelligent, and the Women remarkably beautiful,—he will then rest contented with the happiness he enjoys, by having it in his power to spend the remainder of his days in

“HAPPY ENGLAND,”

and sing, with Heart and Voice—

---dain to yeild, Or in the Se-nate, or the Field: Whose

ne-ver daunted Tars, with Sails un---furld,
ne-ver daunted Tars, with Sails un---furld,
ne-ver daunted Tars, with Sails un---furld, Ride in bold

triumph Conquerors of the World, Ride in bold triumph,

Ride in bold tri-umph, ride in bold

Ride in bold tri-umph, ride in bold

Conquerors of the World, Ride in bold tri-umph, ride in bold

This system contains three staves. The top two are vocal staves with lyrics. The bottom is a piano accompaniment with a treble and bass staff. The music is in 4/4 time and features a key signature of one flat. The piano part includes a trill in the right hand.

triumph, ride in bold tri-umph, Conquerors of the World,

triumph, ride in bold tri-umph, Conquerors of the World,

triumph, ride in bold tri-umph, Conquerors of the World,

This system contains three staves. The top two are vocal staves with lyrics. The bottom is a piano accompaniment with a treble and bass staff. The piano part includes a trill in the right hand.

Conquerors of the World, Conquerors of the World.

Conquerors of the World, Conquerors of the World.

Conquerors of the World, Conquerors of the World.

This system contains three staves. The top two are vocal staves with lyrics. The bottom is a piano accompaniment with a treble and bass staff. The piano part includes a trill in the right hand.

ALL HAIL! BRITANNIA, QUEEN OF ISLES;

Composed by

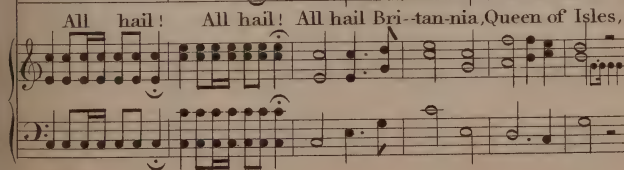
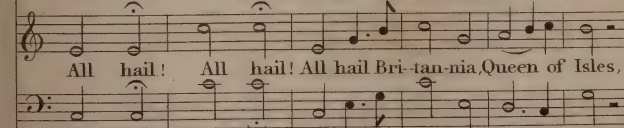
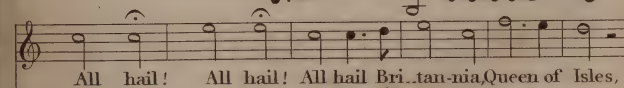
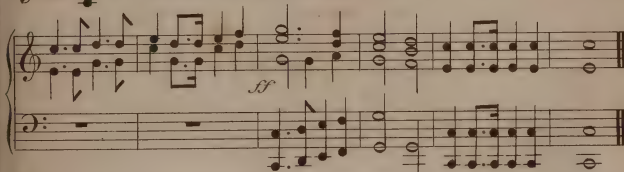
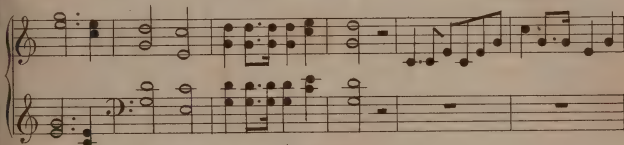
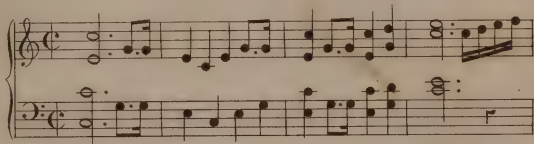
WILL^M KITCHINER, M.D.

Author of the *Book's* *Psalm*?

and Editor

OF THE NATIONAL SONGS OF ENGLAND.

Engraved on copper by Sid^s Hall, Bury St. Edmunds.



All hail! All hail! All hail Bri-tan-nia, Queen of Isles. Where

All hail! All hail! All hail Bri-tan-nia, Queen of Isles. Where

All hail! All hail! All hail Bri-tan-nia, Queen of Isles. Where

Free-dom reigns, and Commerce smiles, where Free-dom

Free-dom reigns, and Commerce smiles, where Free-dom

Free-dom reigns, and Commerce smiles, where Free-dom

reigns, and Com-merce smiles. Whose God like Sons dis--

reigns, and Com-merce smiles. Whose God like Sons dis--

reigns, and Com-merce smiles. Whose God like Sons dis--

No Country can boast of more beautiful *National Songs* than GREAT BRITAIN.— Under an impulse that I should serve my country by collecting them together, they were presented to the Public in 1822, under the following Title:—

“Dedicated, by Permission, to the King, The Loyal, National, and Sea Songs of England, Selected from original Manuscripts and early printed Copies, in the Library of William Kitchiner, M.D.” One Volume folio.

Among 110 other Compositions, *John Bull's* “*God save the King,*” is now first printed in this Number; also, the earliest-printed copy of “*God save the King;*” and for the first time is also now published a *Complete Score* thereof for a full Band, for Voices and Instruments.

The Songs are so arranged, that they may be sung as a Solo,—a Duet,—or a Trio.

Printed for Hurst and Robinson, No. 5, Waterloo Place, Pall Mall.

The Author had often regretted, that while the Welsh, Scotch, and Irish Songs have been collected and preserved, — the English have been so much neglected! — that many have even said, “ *the English have no National Songs.*”

The MUSICIANS of ENGLAND have been equal to its POETS! and not inferior to those of any Country!!!

The first Number of The LOYAL and NATIONAL SONGS of ENGLAND is a sufficient answer to those who have inconsiderately said, “ *the English have no National Songs!!!*” and proves the proud fact in direct contradiction, that “ *no Nation in the World has half so many Loyal, nor half so many National Songs!!!*”

The Author believes that he is entitled to claim the honour of being the first person

who has made this Assertion, which he hopes is satisfactorily proved by the Collection of those “Loyal and Heart-cheering harmonies,” which our patriotic Poets and Musicians have composed as tributes to our most gracious Sovereigns, and our gallant Soldiers and Sailors.

The fact is, the works of our POETS have been carefully collected and preserved—those of our MUSICIANS have been dispersed and lost;—and many of our most beautiful Melodies have been most barbarously mutilated, in fitting them to modern Words.

Very great pains were taken to produce this Volume of Patriotic Songs in a style worthy the subject; however, the public have not proved quite so warm in the cause of our Country as their Bookseller and Editor—who certainly did imagine, that the

Library of no Man who loved his Country would be without a Copy of this work — and that “*the Sea Songs of England*” would become as usual a part of the Ships’ Stores, as a Compass or a Chronometer ! However, their Sale has been very different from that of “*the Cook’s Oracle*.” May be, more people love Eating than Singing, and like what goes into the Mouth better than what comes out of it.

Nothing can be more uncertain than the popularity of Literary Labours, however much Ability, and however much Industry and Integrity an Author may have, and however well he may be nursed by a good Bookseller, and however well he may be dressed by a good Printer.

As a Companion to the above Work, in 1823 were published, by Geo. Whittaker, Ave-Maria Lane, *The Sea Songs of Charles*

Dibdin; with a Memoir of his Life and Writings. This Work comprises *An Hundred Sea Songs*, &c.

These Songs have been the Solace of Sailors in Long Voyages—in Storms—in Battle—and have been quoted in Mutinies, to the restoration of Order:

“ And long as Britain for their Valour calls,
Or their dread Thunder ev’ry Foe appals,
These Songs will echo through their Wooden Walls.”

J. Taylor.

But these Tars, “ so famed in Story,” who are so fond of Harmony among themselves, have a great dislike to Concord as applied to their Enemies, and find even a disagreeable association in the very sound of the word, as the following Anecdote will exemplify:—Among the Illuminations for the last peace, were some of a very grand description, and on the door of a foreign Ambassador in London, the words “ *Peace*

and Concord” figured at full length in characters of flame. “What say you, Mounsier, *Conquered!*” exclaimed an honest Sailor, to whom a stander-by was explaining the mystic words; “shiver my timbers, who ever dared to call us ‘*Conquered*’ yet?” and so saying, was proceeding to extinguish the unlucky blaze, when a civil explanation, to which British Bravery is ever ready to yield, restored Peace, and allowed Concord to continue.

With the First Lines of THE SEA SONGS OF ENGLAND, I formed the following Sailor’s Medley:—

FIRST LINES OF SONGS.

COMPOSERS’ NAMES.

Old Ballad.

I sing the British Seaman’s praise.

Storace.

Our Country is our Ship, d’ye see.

Leveridge.

All in the Downs the Fleet was moor’d.

FIRST LINES OF SONGS.

COMPOSERS' NAMES.

Old Ballad.

Cease, rude Boreas, blustering railer.

Dr. Boyce.

Come cheer up, my Lads, 'tis to glory we steer.

W. Shield.

Come all ye jolly Sailors bold.

C. Dibdin.

Ye free-born Sons, Britannia's boast.

Dr. Arnold.

What should Sailors do on Shore?

Old Ballad.

Now away, my brave boys, hoist the flag, beat the drum.

T. Linley.

Come, come, my jolly lads, the wind's abaft.

M. Arne.

The Topsails shiver in the wind.

R. Bradley.

Blow, Boreas, blow.

C. Dibdin.

Go patter to lubbers and swabs, d'ye see.

Dr. Arnold.

The wandering Sailor ploughs the main.

FIRST LINES OF SONGS.

COMPOSERS' NAMES.

Storace.

Where the silver'd waters roam.

Dr. Arnold.

The hardy Sailor braves the ocean.

T. Linley.

When 'tis night, and the midwatch is come.

J. Braham.

Deserted by the waning moon.

Dr. Calcott.

You Gentlemen of England who live at home at ease.

Old Ballad.

How little do you Landsmen know.

Dr. Greene.

Life is chequered toil and pleasure.

C. Dibdin.

When up the Shrouds the Sailor goes.

Storace.

From aloft the Sailor looks around.

Wm. Shield.

For England, when with fav'ring gale.

M. Arne.

Loose ev'ry Sail to the breeze.

FIRST LINES OF SONGS.

COMPOSERS' NAMES.

C. Dibdin.

Come, bustle, bustle, drink about, and let us merry be.

C. Dibdin.

A plague of those musty old lubbers who tell us to fast
and to think !

Old Ballad.

Come, let's drink a Health to George our King and his
brave Commanders.

Old Ballad.

How blest are we Seamen, how jovial and gay !

B. Aldrich.

How happy are we now the wind is abaft !

C. Dibdin.

The busy crew their Sails unbending.

Dibdin.

Smiling Grog is the Sailor's best hope, his Sheet Anchor.

C. Dibdin.

When in War on the Ocean we meet the proud foe.

C. Dibdin.

The signal to engage shall be a whistle and a hollow.

W. Shield.

Though Hurricanes rattle, and Tempests appear.

W. Shield.

When cruising round old Albion's Coast, from foes her
shores to guard.

FIRST LINES OF SONGS.

COMPOSERS' NAMES.

Carter.

Stand to your Guns, my Hearts of Oak.

Dr. Arne.

Britain's best Bulwarks are her wooden walls.

Dr. Arne.

Rule, Britannia, Britannia rule the waves ;

Britons never shall be slaves !

OBSERVATIONS
FOR
PEDESTRIANS.

THE Strength of Man is in the ratio of the performance of the Restorative process, which is as the Quality and Quantity of what he puts into his Stomach, the Energy of that Organ, and the Quantity of Exercise he takes.

Nutrition does not depend more on the state of the Stomach, or of what we put into it, than it does on the stimulus given to the System by Exercise, which alone can produce that perfect *Circulation* of the Blood which is required to throw off superfluous Secretions, and give the Absorbents an ap-

petite to suck up fresh materials : this, requires the energetic action of every petty artery, and of the minutest ramifications of every nerve and fibre in our Body.

Health and Vigour depend on

Exercise and Diet,

WHICH ARE

NATURE'S OWN REMEDIES.

Alluding to the importance of Exercise and Diet, the Spaniards have a Proverb, that

“ The best Physician is a Horse ;
The best Apothecary is an Ass.”

For Nervous, Bilious, Gouty, and for all Chronic Complaints, the natural Cure is so to regulate the Diet and the play of the bodily functions, that those actions which constitute the Disease may subside, and Healthful ones take place.

One of the best moderators of morbidly

Acute Feeling, is Exercise continued almost to Fatigue. A man suffering under a fit of the Vapours, after half an hour's brisk ambulation, will often find that he has Walked it off, and that the Action of the Body has exonerated his Mind.

From the want of due *Exercise in the Open Air*, some nervous Invalids often become as irritable as over-indulged Infants; and in *Warm Weather*, they are wan with Languor; and in *Cold*, are lumps of alive Ice.

When persons, who spend much of their time within doors, begin to have too great susceptibility of Cold, it should be considered as an alarming sign that the Constitution is debilitated; and, in general, other symptoms are seldom long in making their appearance.

When the same temperature of the Atmosphere, which used to be felt as comfortable, has become the reverse, so will it happen

in a short time with all the other powers that act upon the system.

Unpleasant feelings will arise in most of those situations in which an agreeable sense of existence used to be felt. Flushings, heaviness, headach, twitchings, pain, and startings from Noises, formerly borne without inconvenience, disrelish of Food and of Occupation, and lowness of Spirits, will arise in regular succession to indicate that so many sets of Nerves have lost their natural and healthy faculty.

The patient's comfort for Life will be speedily and totally lost, unless a thorough alteration take place in his habits. The only effective antidote is an increase of *Muscular Exertion*. A brisk Walk, in quest of some interesting object, will excite the arterial system sufficiently to guard against this access of debility, which makes its victims unfit for any thing but to pore from

morning till night over some wretched Novel or idle Romance.

The plan of gentle and increasing exertion need scarcely be ever interrupted, since there are few days of our year, whose Mornings are not sufficiently cool. It will confer the additional benefit of putting an end to that tendency to *take Cold*, with which nervous people are so constantly plagued ; and it will restore to the objects of Sight that amenity, to those of Taste that flavour, to those of Thought that interest, and to all Nature that grace and life which were fading so fast.

Persons arrived at so diseased a pitch of Delicacy, require to be most pitiably minute in their measures for preserving an equilibrium of *Temperature*. Till the art of the Physician has restored to the habit somewhat of its original power of resisting the action of the Elements, their toilette may, without reproach, apparently equal

that of Sardanapalus in effeminacy, and their conduct be as scrupulous as that of MOLIERE'S *Malade Imaginaire*, without affording just scope for ridicule. They should cover themselves so as to obviate every feeling of discomfort; they should warm their Clothes in cool weather, before they wear them; and in every house have license to accommodate their feelings, without drawing down upon themselves that observation or officiousness, which to the weak and the sensitive are more distressing than even any corporeal affliction.

Diet and *Exercise* are the only effectual means of preserving to the Blood its original purity, to the Secretions their free course, to the Nerves their due tone, to the Muscles their strength and firmness, and to the Taste its natural relish for plain Food, and to the Springs of Life their Elasticity.

No other *Abstinence*, however salutary, can

compensate the mischief that attends upon an Abstinence from Exercise.

That we might not want inducements to engage us in such *Exercise of the Body* as is proper for its Welfare, divine Providence has decreed that nothing valuable can be procured without it: not to mention Wealth or Fame, neither Food, Clothes, nor Fire, are to be obtained without the Toil of the Hands and Sweat of the Brow.

“ With Relish would you taste your rich repast,
 ’Tis Appetite must make that relish last,
 If the great Orator did right to say,
 That Eloquence in action, action lay:
 And will you ask me, Appetite comes whence?
A fortiori, I should answer—thence.
 You want, what you may think an idle notion,
 Perpetual exercise! perpetual Motion!
 A substitute for Bread, your poorer neighbour,
 But you require—a substitute for *Labour!*”

From “THE BANQUET,” by H. Busk,

8vo. 1819, p. 55.

This classical Poem of Mr. BUSK's is one of the most tasteful combinations of Rhyme and Reason that has been produced during the present Century.

Providence furnishes Materials, but expects that we should work them up ourselves. The Earth must be laboured before it gives its Increase; and when it is forced to produce its several Products, how many hands must they pass through before they are fit for Use!

Manufactures, Trade, and Agriculture, naturally employ more than nineteen persons out of twenty; and as for those who are, by the condition in which they are born, exempted from work, they are more miserable than the rest of Mankind, unless they daily and duly employ themselves in that *Voluntary Labour* which goes by the name of *Exercise*.

“ The first Physicians by Debauch were made,
 Excess began, and Sloth sustains the Trade ;
 By Chase our long-liv’d Fathers earn’d their Food,
 Toil strung the Nerves and purified the Blood :
 But we their Sons, a Pamper’d Race of Men,
 Are dwindled down to Threescore Years and Ten.
 Better to hunt in Fields for Health unbought,
 Than fee the Doctor for a nauseous Draught.
 The Wise for Cure on *Exercise* depend,
 God !—never made his Work for Man to mend.”

Dryden.

Old *Richard Mulcaster*, who was the first Master of the Merchant Tailors’ School, has left us the following Obs. on *Walking*.

“ Among those Exercises which be used abroad, what one deserveth to be set before Walking, in the order and place of Traine ? what one have they more neede to know, which minde the preservation and continuance of Health ? — what one is there which is more practised by all men, and at all times, than Walking is ? — I dare saye,

that there is none, whether Young or Olde, whether man or woman, but accounteth it not onely the most excellent Exercise, but almost alone worthy to bear the name of an Exercise.

“If ye consider but the use of our Legges, how necessarie they be for the performance of all our doings, Nature herselfe seemeth to have appointed *Walking* as the most natural traine that can be, to make them discharge their duties well. And sure, if there be any Exercise, which generally can preserve Health, which can remedie Weaknesse, which can purchase good haviour, considering it so generall, and neither excluding person nor age, certainly that is *Walking*. Hereupon Physicians, when they entreat of this argument, use alway to give it the place of preferment and birthright in this kind.”—See *Mulcaster's Positions*, quarto, 1581, p. 81.

There is no Exercise equal to Walking in the Open Air; it invigorates the Body and Exhilarates the Mind :—after a smart Walk for an hour or more, I return home in much higher spirits, than if I had sat still and drank a Tumbler of Wine: but, however, moderate Exercise invigorates the Circulation, excites Appetite, and ensures Digestion — if it be continued till we are tired and fatigued, instead of these three good effects, Languor will take place, during which Appetite will be enfeebled, and Digestion impaired.

No person should sit down to a hearty meal immediately after any great exertion, either of Mind or Body. Let him who spends the morning in some sedentary or literary occupation, make it a rule to walk briskly for half an hour before he dines. Let the man who comes home fatigued by bodily exertions, especially if he feel

heated by it, throw his legs upon a chair, and remain quite tranquil and composed, that the energy which has been dispersed to the extremities may have time to return to the Stomach, where it is required.

Dr. Johnson, in page 4 of his *Life of Swift*, tells us that “the Dean thought *Exercise* of great necessity, and used to run half a mile up and down a Hill every two hours.”

The following fact shews how astonishingly our Strength may be diminished by indulging Indolence : —

Meeting a Gentleman who had lately returned from India, to my inquiry after his Health, he replied, “Why, better — better, thank ye; I think I begin to feel some symptoms of the return of a little English Energy : — do you know, that the day before yesterday I was in such high Spirits, and felt so Strong, I actually put on one of my Stockings myself !”

On the contrary, how rapidly Strength is recovered by Exercise of Body and Ease of Mind. In other words, *Exercise, Temperance, and Cheerfulness, preserve and restore Health*; and, on the contrary, *Indolence, Intemperance, and Vexation, destroy it*.

There is not one of the Old Sayings more true, than that “*Mirth and Motion prolong Life.*”

The Citizen whose excursions are limited to six or seven Miles on a Holiday, is as much fatigued by a Walk of double that distance, as a person who is accustomed to travel, would be by a Journey of Fifty or Sixty Miles:—such is the nature of our physical faculties, that they can be improved by calling them into action, in a manner quite incredible, except to the Experienced Trainer. He that shall walk with vigour three hours a day, will pass in seven

years a space equal to the Circumference of the Globe.

The Strength and Activity of Men who are inured to the Exercise of *Walking*, is quite wonderful; it has been repeatedly proved, that they can travel further for a Week, or a Month, than a Horse. When the Editor read the foregoing sentence to *Will Whipcord*; “ Yes, Sir,” (replied that renowned Professor of the Newmarket Philosophy,) “ that’s all right, Sir; a Man can beat a Horse.”

Walking is no doubt the best Exercise for unblemished Health and unimpaired Strength; but for the Weak, or those who labour under any visceral obstructions, &c. we can by no means recommend Long and Continued Journeys on Foot, excepting to those Peripatetics who cannot afford the convenience of a Horse, or the comfort of a Carriage.

The following Extract is from Mr. Shepherd's Pedestrian Tour in Wales :—

“ We performed our Tour on Foot, but I do not mean to recommend that mode of travelling ; far from it, the inconveniences and difficulties attending a *Pedestrian Excursion* are many and great. At one time the Roads are rendered so muddy by the Rain that it is almost impossible to proceed ; and when, perhaps, you have dragged on at the rate of a mile an hour, you are frequently unable to obtain any accommodation, at least not such as a traveller who has been accustomed to a comfortable Home would be contented with ; consequently, you are reduced to the sad extremity of either sleeping in a filthy Bed, or of proceeding to the next place, however wearied. At other times, you are exposed to the inclemency of the Weather, and by wasting time under the shelter of a Tree, or a hedge, are be-

nighted in your Journey, and again reduced to an uncomfortable dilemma. But even allowing that you arrive safely and seasonably at the place of destination, you are not then certain of being accommodated, for Innkeepers frequently hesitate to admit those who travel on Foot;* and in consequence of this, it was sometimes not without the utmost difficulty that we procured a reception. Another disadvantage is, that your track is necessarily more confined; a deviation of ten or twelve miles makes an important difference, which, if you were on Horseback, would be considered as trivial. Under all these circumstances, it may appear rather remarkable that we should have chosen a Pedestrian excursion: in answer

* This is an inconvenience not uncommon — the Equestrian is always more welcome than the Pedestrian — and the Gentleman in a Carriage before either.

to which it may be observed, that we were not apprised of these things until we had experienced them.”

That our Readers may be aware of them, we have given the above extract.

Persons who take a Pedestrian excursion, and intend to subject themselves to the uncertainties of accommodation, by going across the country and visiting unfrequented paths, will act wisely to carry with them a *Piece of Oil Skin* to sit upon while taking refreshment out of doors, which they will often find needful during such excursions.

We submit the following advice respecting Continuations :—*the Garter* should be below the Knee; and Breeches are much better than Trowsers :—the general adoption of these, which till our late long wars were exclusively used by “ The Lords of the Ocean,” has often excited my astonish-

ment:—however convenient Trowsers may be to the Sailor, who has to cling to slippery shrouds, for the Landsman, nothing can be more inconvenient; they are heating in Summer, and in Winter are collectors of Mud: moreover, they occasion a necessity for wearing Garters. *Breeches* are in all respects much more convenient; these should have the Knee-band three quarters of an Inch wide, lined on the upper side with a piece of plush, and fastened with a Buckle, which is much easier than even Double Strings; and by observing the Strap, you always know the exact degree of tightness that is required to keep up the Stocking; any pressure beyond that is prejudicial, especially to those who walk long distances.

Pedestrians who are matched against others, or against Time, and Pugilists, must

undergo the *Training* Process* before they contend. The issue of the Contest, if their powers be nearly equal, will in a great measure depend upon their relative Condition.

In accomplishing long matches against Time, it must be observed that considerable *Speed* is fully as requisite as *Strength*;—no man could walk an hundred Miles in one day, if he were not able to go for several hours at the rate of six miles an hour: all those who have performed great distances, have been also remarkable for great Agility and Swiftmess.

The following accounts of the performances of several celebrated Pedestrians, shew what Distances may be walked in a certain space of Time:—

A Quarter of a Mile has been run in a second or two under a Minute.

* This I have already explained in “*The Art of Invigorating and Prolonging Life.*”

Half a Mile in two Minutes.

A Mile in four Minutes and three quarters.

Two Miles under ten Minutes.

More than nine Miles in an hour have been accomplished in a distance of twenty Miles; and upwards of eight in a distance of forty.

West, of Windsor, who was only five feet four inches high, ran thirty-one Miles in four hours and a quarter; but to run or walk for two or three hours at such a rate, may be deemed very extraordinary speed, and requires considerable Strength and Wind.

It is *a curious fact*, extremely interesting to Pedestrians, and founded on the experience of all Swift Runners, that for the first two or three hundred Yards they feel distressed, but after that, what is called a *Second Wind* comes, which lasts till they are spent with bodily fatigue. The

same thing happens to Long Walkers — and the Editor has found, on recovering from Indisposition, and when out of training, that after walking for a couple of Miles, he has felt tired, but proceeding on, in another half Mile the languor has gradually gone off, and he has felt as much, or more disposed to Exercise, than to Rest: — in warm weather, as soon as a free Perspiration comes on the fatigue from Exercise is lessened surprisingly.

That celebrated walker Mr. POWELL, on the 29th of November 1773, walked from Old Hicks's Hall, in St. John Street, Clerkenwell, to Micklegate Bar in York, and back again, being a distance of *Four hundred and two Miles within Six Days*: — His first stop for rest was at Stilton, seventy-five Miles from town; his next at Doncaster, eighty-five Miles beyond Stilton. He

reached Micklegate Bar in York, on the third day at two o'clock; from which place, after some refreshment and rest, he set off at five in the Afternoon, and was twenty miles on his way back the same evening. On the Sixth day at two o'clock he was at Hatfield, twenty miles from town, where he stayed a considerable time to refresh; and at Highgate he halted about half an hour. He came for the last twenty miles at the rate of five miles an hour. He arrived as well and cheerful as when he set off. On his return to Old Hicks' Hall he rode home in a Coach to Holloway, and returned in a few hours afterwards to spend the evening in conviviality with his friends. He was a man of about five feet ten inches high, spare and thin, but sinewy, and what is generally called cross made.

In 1776 he ran Two Miles in ten and a

half Minutes on the Lea Bridge Road:—
in 1792 he Walked 396 Miles in five days
and fifteen hours.

Mr. John Todd in 1803 performed a Mile
in four minutes and ten seconds.

In 1792 *Mr. Eustace* walked from Liver-
pool to London in four days. He was then
77 years of Age; and the distance exceeds
200 Miles.

The most extraordinary feat of Pedes-
trianism on record, is *Captain Barclay's*
walk of 1000 Miles in 1000 successive
Hours. It appears by the Journal, that He
walked the Mile during the first Week in

Minutes. Seconds.

	14	54
In the Second	16		
Third	16	41
Fourth	18	36
Fifth	19	41
Sixth	21	4

During the first week, his average rate was something more than four Miles an hour, and in the last week somewhat less than three Miles.

His style of walking is to bend forward the Body, and to throw the weight on the knees. His step is short, and his feet are raised only a few inches from the ground. Any person who will try this plan, will find that his pace will be quickened : at the same time, he will walk with more ease to himself, and be better able to endure the fatigue of a long journey, than by walking in a posture perfectly erect, which throws too much of the weight of the body on the ancle joints.

He uses strong Shoes and warm Stockings, which preserve his Feet from injury. It is a good rule to shift the Stockings frequently during the performance of a long distance, and *it is indispensably requisite to have Shoes with thick Soles*, and so large that

all unnecessary pressure on the feet may be avoided."

In a Pedestrian Journey through Russia, &c., from the frontiers of China to the Frozen Sea and Kamtschatka, Captain John Dundas Cochrane, vol. i. page 17, gives the following instructions to cure Blistered Feet :

" Rub the Feet at going to Bed with Spirits mixed with Tallow dropped from a lighted Candle into the palm of the hand. On the following morning no blister will exist. The Spirits seem to possess the healing power, the Tallow serving only to keep the skin soft and pliant. The Soles of the Feet, the Ancles, and Insteps, should be rubbed well; and even when no blisters exist, the application may be useful as a preventive: and while on this head, I would recommend foot travellers never to wear right and left

Shoes—it is bad economy, and indeed serves to cramp the feet.”

Matthew Lansberg, (the Francis Moore of the Continent), observes, in his last publication, that “if you wish to have a Shoe of durable materials, you should make the Upper leather of the mouth of a Hard-drinker ;—for that never lets in Water.

Persons who wish to know how far, and how fast they walk, may wear a

Pedometer, which is a Perambulator in miniature.

The box containing the Wheels is made of the size of a watch-case, and goes into the fob or breeches pocket ; and by means of a String and Hook, fastened at the waistband or at the knee, the number of steps a man takes in his regular paces are registered, from the action of the String upon the internal Wheel-work at every step, to the

amount of 30,000. It is necessary to ascertain the distance walked, that the average length of one pace be previously known, and that multiplied by the number of Steps registered on the Dial plate.

It is extremely desirable, that persons who are under a course of Walking Exercise, should contrive to combine Amusement with it:—a Sportsman, with the additional burden of his Gun, &c. will get over Ten Miles of ground with the utmost ease; but ask him to walk Five miles out and in, without any motive but merely because it will be beneficial to his Health, and he will set out unwillingly, and return wearied:—always endeavour to find a reason for your Walk—to see if your Watch is right by such a Clock—or any little matter for the Mind to be exercised with, as well as the Legs.

“ He chooses best

Whose Labour entertains his vacant fancy most.”

Armstrong.

There is an old saying, that “*a Companion is as good as a Coach* ;”—while the Mind is entertained, the Body is amused from attending to the exhaustion arising from Exercise, even to a degree that is astonishing.

That philosophic General, *Marshal Saxe*, observes, “ if you deprive an army of Music, the most indefatigable men will not be able to march for more than two hours ;” and,

As Travellers trudge along,
Let them merrily troll the Song ;
The tedious Journey ’t will beguile,
And help them on for many a Mile.

Well — my Pen has now got to the end of its present Journey ; and happy shall I be, if it has performed it as much to the Reader’s satisfaction as it has done on some of its former peregrinations. Now then, friendly Reader,

“ Let’s tak a cup of Kindness yet,
For Auld Lang Syne ;”

THE UNIVERSAL TOAST

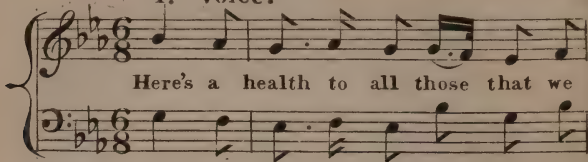
Composed by W^m Ritchner M.D.

Author of the Cock's Cackle.

The Housekeeper's Ledger. The Art of invigorating Life.

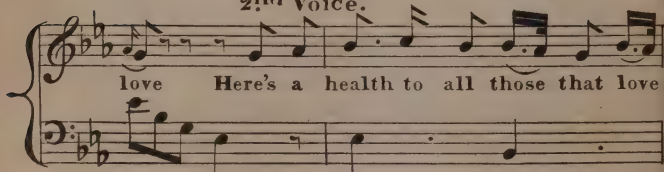
The Economy of the Eyes. & Editor of the Loyal & National Songs of England

1st Voice.



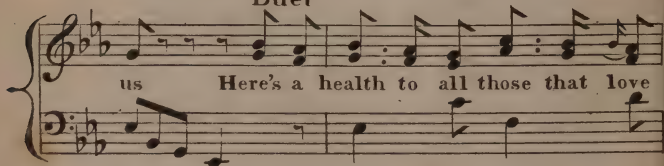
Here's a health to all those that we

2nd Voice.

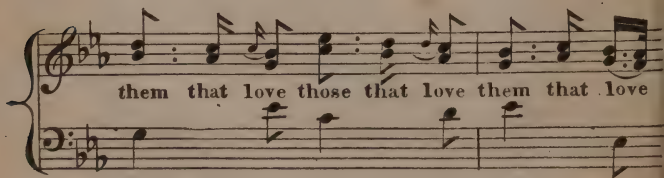


love Here's a health to all those that love

Duet

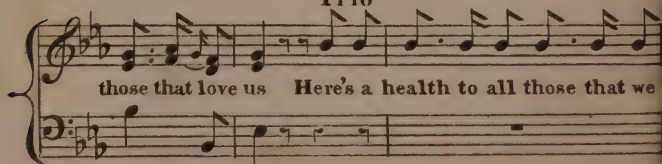


us Here's a health to all those that love



them that love those that love them that love

Trio



those that love us Here's a health to all those that we

lo... ve Here's a
Here's a health to all those that love us,
Here's a health to all those that love us,

health to all those that we lo...
Here's a health to all those that love
Here's a health to all those that love

...ve, Health, Health to all those that love us, Health,
us, Health, Health to all those that love us, Health,
us, Health, Health to all those that love us, Health,

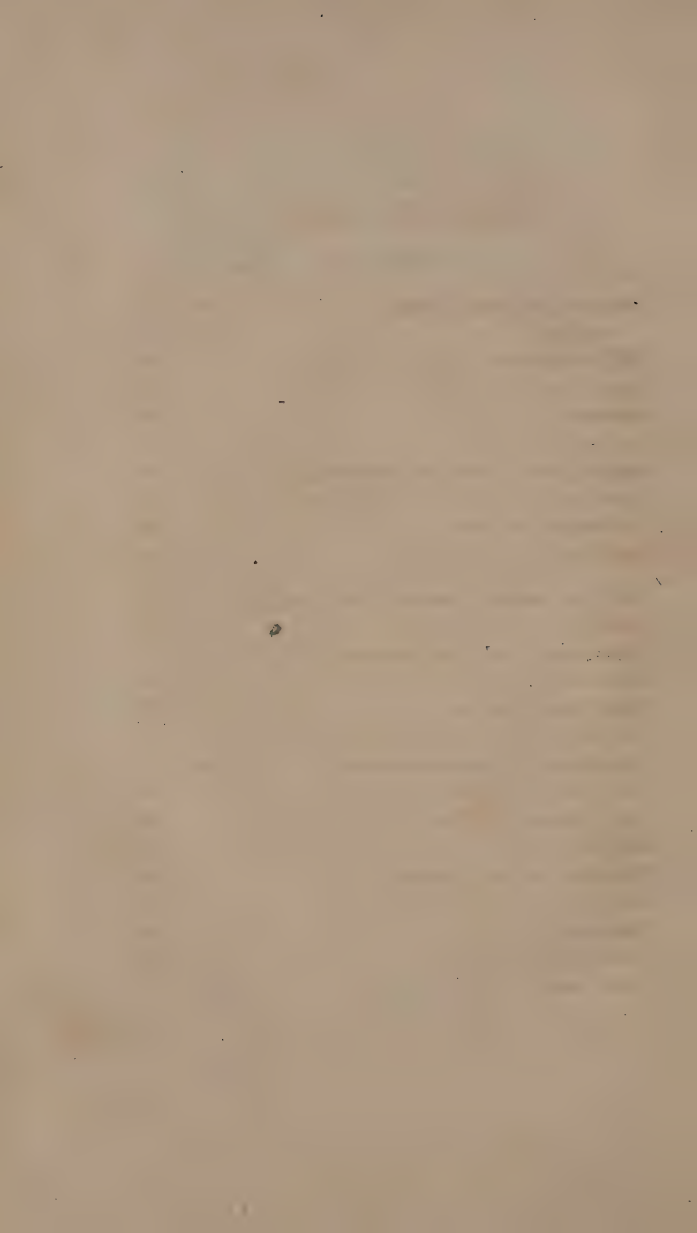
Health, Health to all those that love us.
Health, Health to all those that love us.
Health, Health to all those that love us.

and drink “ *The Universal Toast*,” which, as may be, you may like to Sing, I have e’en set it to Music for You.

END OF THE FIRST PART.

LONDON:

PRINTED BY J. MOYES, TOOK’S COURT, CHANCERY LANE.



INDEX TO PART I.

	PAGE
<i>Æschylus</i> , his head mistaken for a fine large new-laid Egg	4
<i>All Hail, Britannia!</i> Music of, engraved	216
Anecdote of <i>Mr. M'Siller</i>	175
Aperients	84
Astringent	89
Authors, how to obtain an introduction to	29
Asclepiades, his mode of travelling on Cow-back ..	30
Apothecary, the best	228
Ambulation, the powers of	229
Bed, <i>Sam Spritsail's</i> reason for not going to	5
Brandy	37
Boxes, how to send into the Country	97
Bed-room, door of	105
Beds, observations on	107
——, damp	115
——, how to obtain the best-aired	116—118
Beer, how to get good	94
——, to cure, when stale	94
Biscuits, useful	95
Beverage, best, for Travellers	23
Barclay, Captain, his pace in walking	249
Barometer	59
Busk, Mr., his Poems	47
—— quoted	432

	PAGE
Cold, how to cure a	11
——, common consequence of	12
——, should be called a <i>Heat</i>	12
Cleanliness, how promotive of Health	13, 14
Children, how few ever talk	20
Cook's Oracle, the	39
Counsellor Cautious, a maxim of	54
Chronometer, observations on	60
Clocks of Churches	66
——— perfect	58
Curriers' dubbing	76
Cholera Morbus	85—87
Cochrane, Capt. his cure for blistered feet	251
Coleman, Mr., his knife.....	70
Coaches, cautions on riding on the outside of	73
Cary's Maps	22
Cow-back, travelling on	30
Clock, curious	58
Diet, books on	43
Dogs	52
Dollond, his glasses	68
Door Bolts, portable	104
Diarrhœa, remedy for.....	89
Dibdin's Sea Songs	221
Dreadnought Coat, a	72
Descriptions of Travellers	27
Eat and Drink, how to	35

Expenses in Travelling	135
English Melody, the Father of	185
Feet Preservers	79
<i>Fill the Goblet again</i> , the music of, engraved	186
Feet, cure for, when blistered	251
Flannel, observations on	74
Field, Mr., his Beer and Cider, &c.	94
Fish, observations on	36
Got, observations on the word	139
<i>Gather your Rose-buds</i> , the music of, engraved	187
Guides for Travellers	192
<i>Grace, the English</i> , music of	169
Great Coats, observations on	71
Hunting Watch best for a Traveller	56
Holsters for Pistols	101
Horses, how to manage, on a Journey	122
——, pace in Travelling	132
Hills, rules for going up and down	132
Health, the source of	228
Iron Stick	55
Invisible Opera Glass	68
Inns, observations on	110
Journey of 760 miles, account of, by R.M.	142
Knife for a Traveller	70

	PAGE
Langdon, his pencils	56
Life, the Art of Invigorating	93
Lancet, a	94
Leigh's Collection of Books for Travellers	22, 192
Lansberg, Matt., his observations on Upper Leathers	252
Maps and Guides, &c.	22
M. R. C.'s Observations on the Descriptions given by Travellers	27
——— Journey of 2,000 Miles	147
Markham's Maxims for Travellers	128
Musicians of England	218
Medicine, Aperient	84
———, Astringent	89
——— Chests, for Travelling	91
———, Account of the Author's	91
Mulcaster on Walking	235
Nail Nippers	80
The National Songs of England	217
<i>Non Nobis Domine</i>	167
Notes, importance of writing down at the moment	26
Nurse, the Good, quoted	31
Nutrition, the Sources of	227
Overcharges, to prevent	48
Opera Glasses	68
Outside of a Coach, observations on riding on	73
Orpheus Anglicus, the	185

	PAGE
Peace of Mind, important to Health, how to preserve	5
Pediluvium	19
Patience	18
Pocket Door Bolts	104
Pen, Ruby or Rhodium	56
Pencils, the best	56
Packing up, rules for	97
Pratt, his Magazine of conveniences for Travellers	98
Pistols, Holsters for	101
——, observations on	102
——, the best	104
Punctuality Personified	118
Peristaltic Persuaders	88
Pocket Bottle, a silver	95
Peppermint Lozenges	95
Person, the best aired	118
Post, Expenses of Travelling	147
Pedestrian Excursions, hints on	241
——— observations for	227
Powell, the great Walker	247
Pedometer	252
Parry, Capt., his observations on Clothes	74
Pen, Ruby	56
Physician, the best	228
Rest, the importance of, as a Zest to Exercise	14
Requisites, list of, for Travellers	52—78
Repose to Horses	130
Religion of Protestants and Catholics	166

	PAGE
<i>Sam Spritsail's</i> reason for going to Bed	5
Sudden Death	5
Sleeping on the Road, cautions on	100
Sheets	114
Skin, a clean one, the next sanative to a clear Con- science	14
Sleep, to rob you of	32
——, an innocent and agreeable invitation to	14
Sabbath, the Seventh Day is the	14
Soup, observations on	37
Sword Sticks	54
Spectacles	69
Shoes, to render water-proof	76
——, how to obtain easy ones	81
Soda, Carbonate of	94
Sixpences	96
Stage Coaches, of travelling in	154
Sea Songs of England	220
—— of Dibdin	221
Shield, W.	185
Sailor's Medley	222
—— way of trying how a Watch will go	65
Strangers, danger of gossiping with	175
Speed in Walking	245
Saxe, Marshall, his observations on Music	254
Savage's, Mr., Watches	58
Shirts, Two, when convenient	74
Servant for travelling, qualifications of	51
Strength of Man, how produced	227

	PAGE
Traveller, Hints for promoting the Health of	52
———'s Appearance	45
———, Requisites for a	52
Travelling, effect of, on the Mind and the Body . .	9
———, best time for	13
——— in Summer	13
——— in Winter	13
——— on Sundays	14
——— on Foot	29
——— on Horseback	122
——— on Cowback	30
——— in a Carriage	30, 81
——— Post	146
——— in Stage Coaches	154
——— in Foreign Countries	160
——— during the Night	31
——— Companions, how to choose	50
——— Servants, necessary qualifications of	51
——— Bag	100
———, Expenses of	135
Tranquillity of Mind, to promote	14
Trowsers, of	244
Training, the process of	245
Table d'Hôte	36
Turnpikes, a profound meditation upon	16
Twiss, R., his observations on Cards	213
———'s Pros and Cons concerning Travel	214
Tuck Sticks	54

	PAGE
<i>Universal Toast</i> , the music of, engraved	255
Vigour, the source of.....	228
Will, the Traveller should make his, previous to leaving Home	5—8
Writing to Friends.....	21
Wine, observations on	37
——, how to get the best.....	38
Wodmull Hose	75
Watches, rules for choosing	57
——, where to buy	85
——, how to try	65
——, Prices of.....	65
——, a Warning	66
Wind, the second	246
Water, soft, best for Horses	128
Warm-Heart, how to make	177
Walking, the good effects of	230
———— on the Author	237
Whipcord, Will, his opinion.....	240

THE END OF PART I.

1801

1802
1803
1804

1805

1806

1807

1808

1809

1810

1811

1812

1813

1814

1815

1816

1817

1818

1819

1820

1821

1822

1823

1824

1825

1826

1827

1828

1829

1830

1831

1832

1833

1834

1835

1836

1837

1838

1839

1840



